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REWIRE YOUR BRAIN

July/Aug 2015

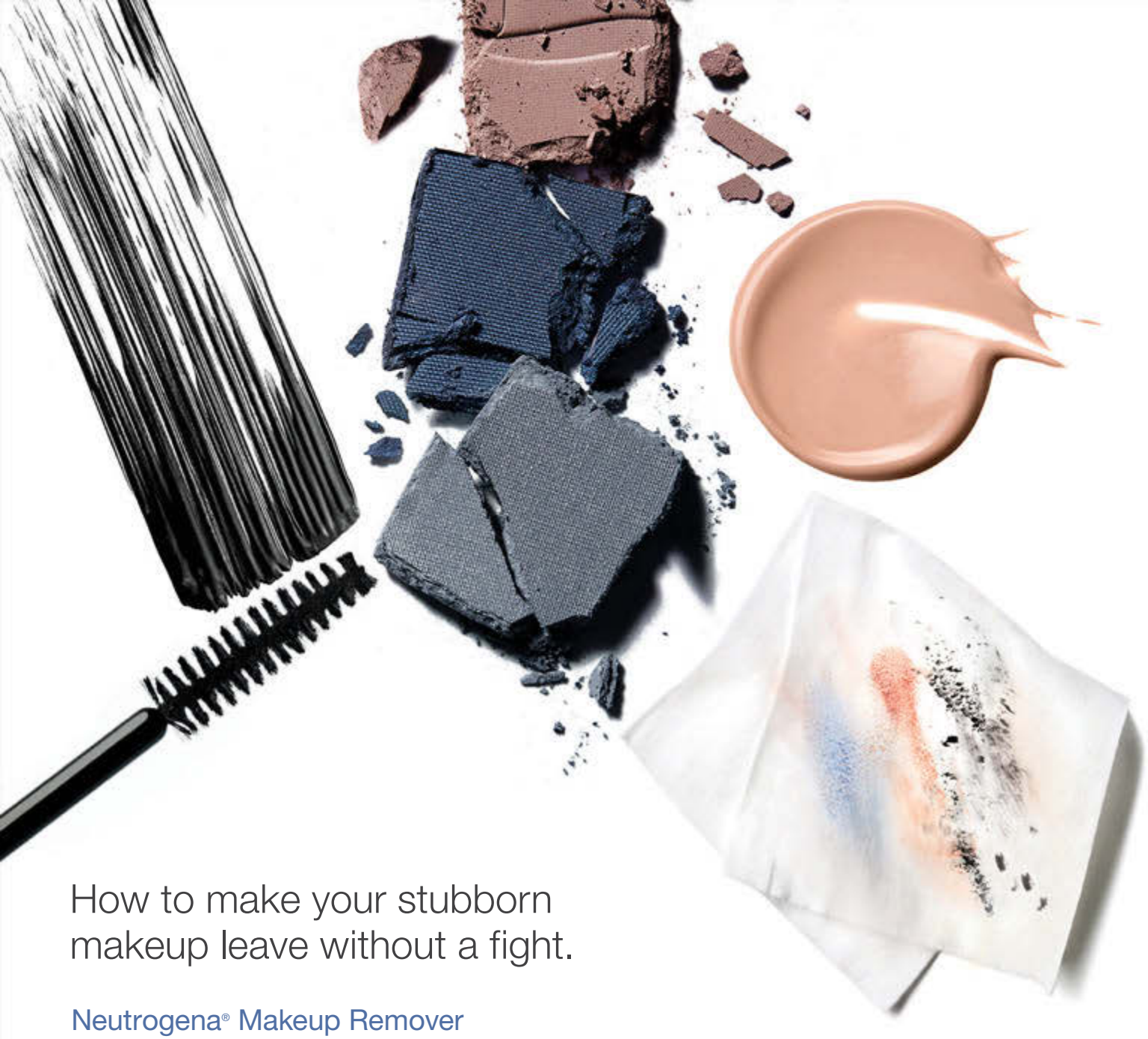


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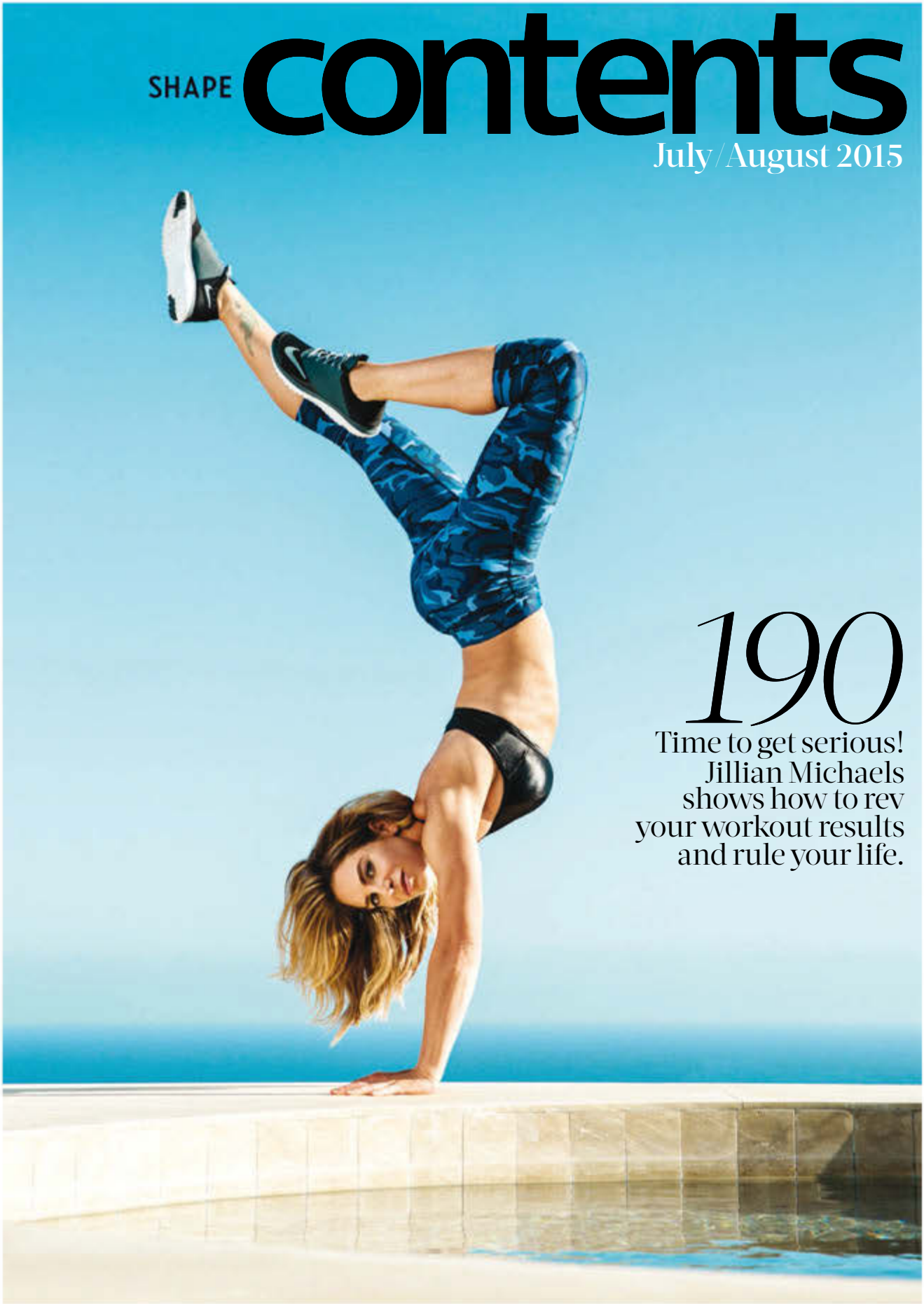


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July/August 2015



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Time to get serious! Jillian Michaels shows how to rev your workout results and rule your life.

Photograph by MARTIN RUSCH

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Photograph by Claire Benoist



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ON OUR COVER Photograph by Don Flood. Hair by Chloe Franke. Makeup by Paige Padgett/Cloutier Remix using Juara Skincare. Manicure by Barbara Warner/Celestine Agency for Chanel. **Makeup:** To get Jillian Michaels's gorgeous cover look, try these products from L'Oréal Paris (available at drugstores): True Match Lumi Liquid Glow Illuminator Rose ($13). Visible Lift Blur Blush in Soft Pink ($13). Brow Stylist Sculptor in Brunette ($9). Silkissime Eyeliner by Infallible in Charcoal ($9). Colour Riche Le Gloss in Baby Blossom ($8).

Correction: In the May issue, a caption for the Sarah Potempa Beachwaver S1 listed an incorrect price. The correct price is $129, and it is available at ulta.com.

Top: Photograph by Claire Benoist

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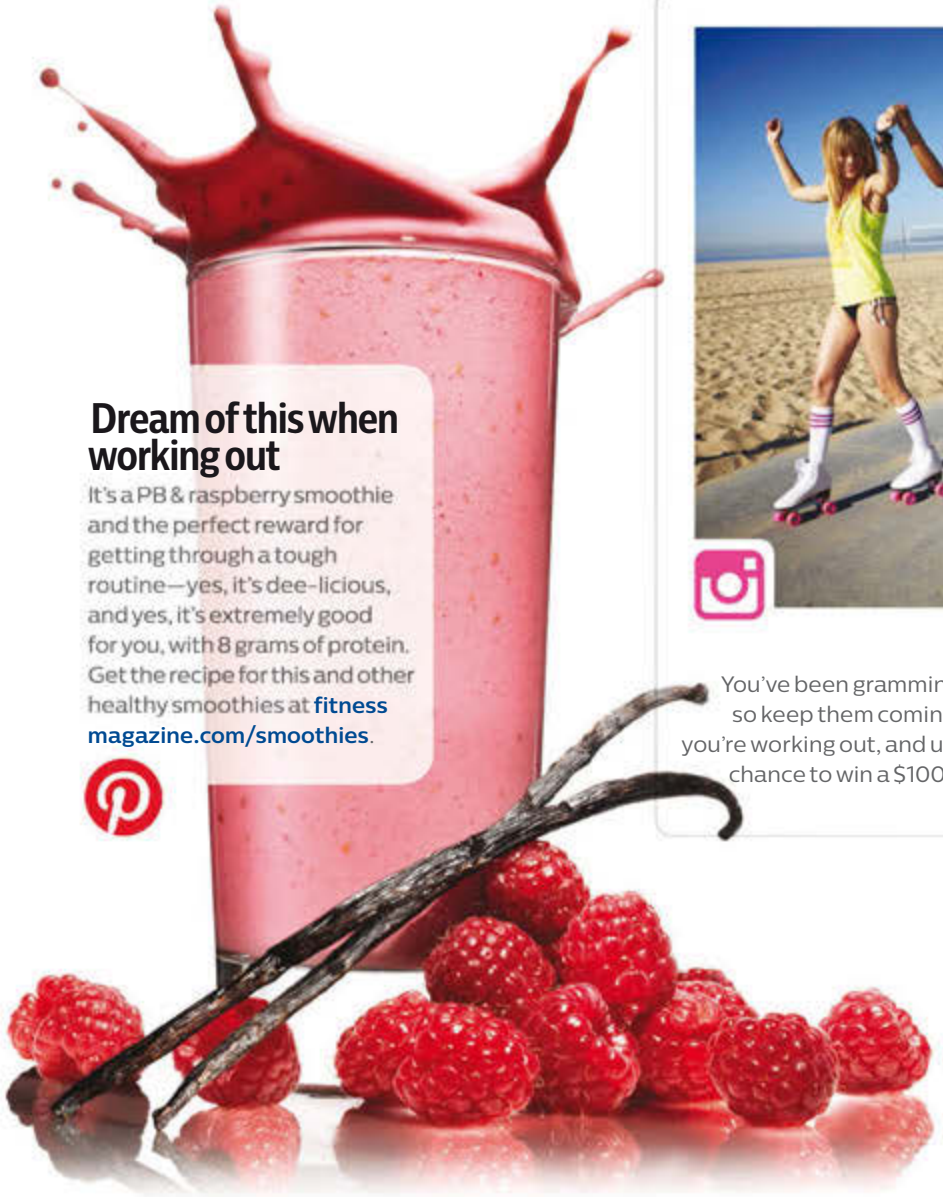
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Dream of this when working out

It's a PB & raspberry smoothie and the perfect reward for getting through a tough routine—yes, it's dee-licious, and yes, it's extremely good for you, with 8 grams of protein. Get the recipe for this and other healthy smoothies at fitnessmagazine.com/smoothies.



TAKE AN ACTION PIC

You've been gramming inspiring sweaty selfies—which we love, so keep them coming! Tag @shape_magazine to show us how you're working out, and use #SummerShapeUp and #contest for a chance to win a $100 Macy's gift card. See page 222 for details.

GYM MOVES YOU CAN SKIP FOR GOOD

If you're devoted to the leg press machine, it's time to break up. Doing squats is a much better firmer for those quads. Wonder what other moves aren't worth the sweat? Find out at fitnessmagazine.com/timewasters.

TWITTER TALK

Chefs, what's the most surprising thing you like to throw on the grill? —@Shape_Magazine



I like to grill radicchio & toss it with balsamic, toasted garlic chips 2 make it less bitter.
—**ROCCO DISPIRITO, @rocco dispirito, celebrity chef and author of *Cook Your Butt Off!***



I love grilling dessert! Try grilled strawberries served over lemon sorbet & balsamic drizzle.
—**CARLA HALL, @carlahall, cohost of ABC's *The Chew***



Hearts of romaine. My chef de cuisine @feedthemary tosses them in olive oil, lightly chars and serves with pistachio & whole grains!
—**ANITA LO, @AnitaLoNYC, chef and owner of Annisa restaurant in New York City**

Top left: Photograph by Claire Benoist/thelicensingproject.com. Top right: Photograph by Beth Studenberg/thelicensingproject.com



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THE TAKEAWAY

Healthy skin is in!

Well, of course it is. Who doesn't want that? But take a step back for a moment and think about what it really means to have healthy skin. Words like *smooth*, *soft*, *even*, and *unblemished* describe the ideal appearance, but the connotation goes much deeper. Skin that truly glows broadcasts the fact that you have a healthy lifestyle. After all, when you eat well, exercise often, wear sunscreen, drink water, sleep deeply, and find time to relax, the first place you see benefits is in your complexion. Live well and you'll look awake and energized. While this may not be as dramatic as a 20-pound weight loss or sleek, muscled arms, it's there, making you appear lit from within. I know that when I'm stressed, eating poorly, staying up late, my skin takes the fall. But when I'm on my game, I see it in my face right away.

At *Shape* we are resolute in our belief that giving your skin the love it deserves is all about a holistic approach. Starting with this issue, we will be presenting a new feature called Skin Smart. Our premier column explores the impact that exercise has on skin at a cellular level. A few jaw-dropping tidbits: Just 30 to 45 minutes of cardio twice a week may partially reverse the signs of aging in your skin, thanks to a protein that is released only during exercise. Even more amazing: One study reported that the skin of exercisers who did moderate-to-vigorous cardio four or more times a week was found to look 25 years younger (yes, you read that right) than that of sedentary adults. There's a ton more to explore, since this area of research is going like gangbusters, and further proof that beauty is truly skin deep, right down to your DNA.

Elizabeth Goodman Artis,
Editor in Chief



GET SKIN SMART! IT'S SUMMER, AND YOU'RE PROBABLY SHOWING MORE SKIN THAN EVER. TELL US HOW YOU PROTECT, NURTURE, AND FLAUNT YOURS BY TAGGING US ON INSTAGRAM WITH #SHAPEGETSSKINSMART. WE WANT TO KNOW YOUR FAVORITE PRODUCTS AND TIPS.

TALK TO ME!
Email me at **askelizabeth@shape.com** with thoughts, questions, and feedback. And follow me on Instagram **@EGAEDITOR**.



Goodman Artis photograph by Ondrea Barbe. Hair by Natasha Liebel for ABTP.com. Makeup by Rachel Wood for ABTP.com. Manicure by Rachel Shim for ABTP.com


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the advisory board

We asked dermatologist David E. Bank, M.D., the director of the Center for Dermatology, Cosmetic and Laser Surgery in Mount Kisco, New York, to clue us in on his best skin tips.

"To look young, what three habits do we all need to adopt?"

Here's what I swear by: Moisturize, hydrate, and use a retinol cream at night. In the morning, apply an SPF 30 facial moisturizer that's oil-free so that it soaks in without clogging pores. Drink eight 8-ounce glasses of water throughout the day to keep skin cells plump—they are made up of 90 percent water—and apply a retinol on your just-washed face right before bed; it will slough dry skin and encourage collagen production while you sleep. I recommend **RoC Retinol Correxion Deep Wrinkle Night Cream** (at right, $23, walmart.com).

"Any quick trick to make skin look more refreshed?"

Douse a washcloth with cold milk to make a compress, apply it to your face for five to 10 minutes, then rinse off. The lactic acid and free fatty acids in milk are anti-inflammatory, so they can reduce redness, puffiness, and irritation quickly.

"Do we need to step up our skin care in summer?"

You're spending more time outside, which increases the amount of UVA and UVB rays your body is exposed to, so definitely. My go-to is a broad-spectrum sunscreen containing a mineral agent such as zinc oxide or titanium dioxide. Either stays stable in the sun, is light, and won't clog your pores.



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Nervous? Good.

A small mental shift can turn those nerves you feel during high-pressure situations—a big game, a work presentation—to your advantage. "When you're facing a challenge, your heart rate speeds up to deliver additional oxygen, fat, and sugar to your brain and body. **Stress hormones such as adrenaline and cortisol actually help you use that energy more efficiently**," explains Kelly McGonigal, Ph.D., the author of *The Upside of Stress*. The trick? Don't try to calm yourself, but rather imagine harnessing the energy boost to fuel you in intense situations.

you right now

BE A PLAYER
Learn to master your anxiety over time and you'll become more resistant to curveballs in all areas of your life.

Hair and makeup by Lisa Martensen/Kim Dawson Agency; on-set styling by Kasha Pippin. American Apparel shirt, McGuire shorts, Puma sneakers

Photograph by MATT HAWTHORNE

beauty right now

YOU NEED A BETTER BRONZE

As with foundation, when your bronzer shade is off, your face just looks fake. Whether your skin tone is fair, medium, olive, or dark, new Make Up For Ever Pro Bronze Fusion ($36, sephora.com) has a match for you. Choose from six hues (available in a silky matte or a soft shimmer), selecting the powder that's one shade darker than your skin color to ensure a beautiful—and believable—sun-kissed look.



24-HOUR EYELINER. *Is it legit?*

We've all put our trust in waterproof eyeliners before and ended up with streaks down our cheeks. So why should you believe that Benefit They're Real! Push-Up Liners ($24 each, benefitcosmetics.com) would be any different? Because the 24-hour stay-put gel liner (it comes in blue, black, brown, green, and purple) held on tight during a Pilates class, a swim, and a night of dancing. This is officially the most splash-proof, sweat-proof, party-proof eyeliner. Trust.





THE PATRIOTIC MANI For nails as spectacular as a fireworks display, paint on two coats of this red, white, and blue confetti polish—**SinfulColors in Mamasita** ($2, drugstores).

Model photograph by Arthur Belebeau. Makeup by Frances Hathaway/Jump Management for Nars; hair by Mork/Judy Casey, Inc., for Oribe Hair Care; manicure by Sondra Hopp/Jump Management for Nars; prop styling by Sonia Niki. Still photographs by Claire Benoist. Prop styling by Sarah Guido-Laakso/Hailey Resources

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"I WILL TAKE BEAUTY INTO MY OWN HANDS."

Katie Holmes

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GET 'EM WHILE IT'S HOT

Leave it to Nike to take ancient Greek gladiator sandals and make them perform in the modern world. The **Lunarsandiator Sky Hi** pairs the cushiony sole and traction of a sneaker with the strappy leather silhouette of summer's sexiest sandal, so you can comfortably hit the street or a picnic turned game of Frisbee. ($100, nike.com)



Smarter sunnies These pop-y shades do more than flatter: They also keep you, and even the planet, in top form.

WATCH THESE DEFY GRAVITY
The owl-eye **Poc Know Julia Mancuso Ed. sunglasses** won't slide down your nose as you sweat: They have a special grippy rubber bridge that just gets stickier and more stay-put when wet. ($170, pocsports.com)

NOW YOU SEE THEM
Lightweight **Zeal Ace sunglasses**, made from molded cotton and plant material, are totally biodegradable. So if you lose them at the beach—poof!—they'll disintegrate in the elements within 18 months, no harm done. ($169, zealoptics.com)

YOU ARE GETTING VERY . . . HAPPY
The lenses in **Spy Discord shades** block UV rays but let in beneficial long-wave blue light. Seeing the blues is said to suppress melatonin, subtly lifting your mood and making you feel more alert. ($170, spyoptic.com)



PLAY DRESS-UP
Lila Tank and **Sally Sequin Jogger** ($68 and $148, rebecca minkoff.com).

The new low-key chic

The cuts will instantly appeal to any gymnista, but you won't want to sweat in this stuff—the **Rebecca Minkoff Athleisure Collection** gives the activewear styles you love the runway treatment. Stand-out pieces like reflective silver-foil shorts, sequined jogging pants, and buttery soft tops make for surprisingly wearable weekend play clothes. We adore our go-to yoga pants and tees, but a girl's got to step it up sometimes. ($58 to $255, rebeccaminkoff.com)

Right: Photograph by Sarah Kehoe. Hair by Jason Murillo/Kate Ryan, Inc., using Oribe; makeup by Robert Greene/Kate Ryan, Inc., using Kevyn Aucoin; manicure by Maki Sakamoto/Kate Ryan, Inc., for Chanel Le Vernis. Adidas sneakers. Stills by Jonathon Kambouris. Styling by Jill Edwards/Hailey Resources


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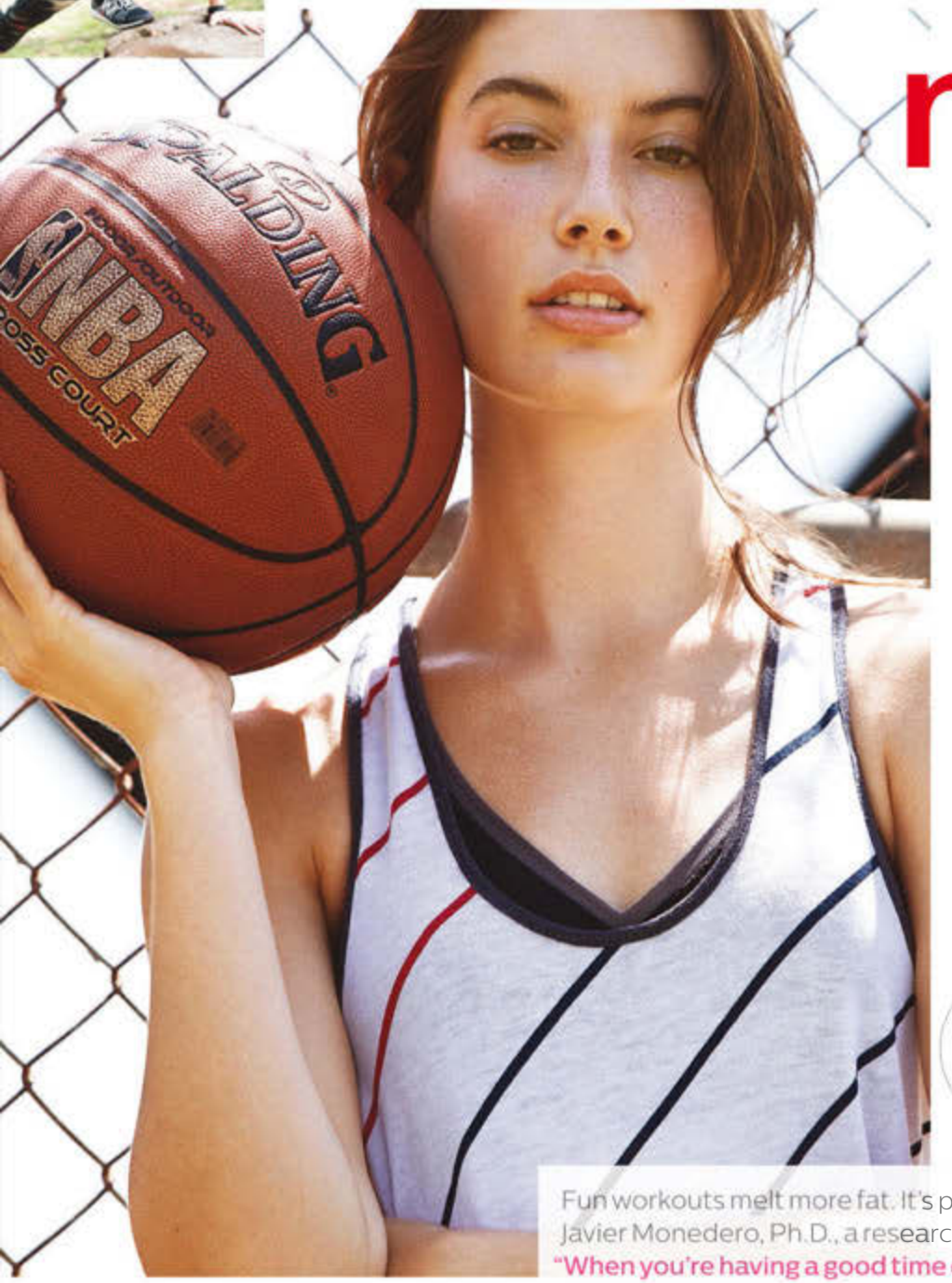


STEAL THIS MANTRA

"Old ways won't open new doors."

—Shay Kostabi, a Los Angeles–based trainer and New Balance ambassador, via Instagram @ShayKostabi

fitness right now



INTRODUCING THE BULLETPROOF BRA

Bold move: Reebok's latest CrossFit apparel line has reinforced with Kevlar all those high-friction spots that wear out quickly. Yes, the same supertough plastic fiber found in police vests is now being used to bolster your sports bra in the form of comfy, flexible patches at the shoulders and back (check out the **CrossFit Apparel RCF Kevlar bra**, $100, reebok.com). Bring on the push-ups, kettlebell swings, and long distance runs—those repetitive movements have met their match.



HIGH IMPACT These straps and band stop bounce better.

Good news!

Fun workouts melt more fat. It's pretty simple, actually, says Javier Monedero, Ph.D., a researcher at Dublin City University: **"When you're having a good time exercising, it masks the unpleasant feelings that can be associated with working out."** Monedero's recent study found that exercisers pushed harder and burned more calories when their stationary bikes incorporated an interactive video game. So a word to the barre- and treadmill-weary: Try switching it up with a heart-pumping activity that makes you smile, like shooting hoops with some friends or taking a high-intensity dance cardio class. You'll be slimmer *and* more psyched to stick with it.

Top: photograph by Jesse DeYoung. Left: Photograph by Matt Hawthorne. Hair and makeup by Lisa Mortensen/Kim Dawson Agency; on-set styling by Kasha Pippin. Adidas sports bra. Alternative Apparel tank top. Right: Photograph by Chris Fanning. Hair by Casey Geren/ABTP.com for Oribe; makeup by Jessi Butterfield/Exclusive Artists Management for Colour Pop Cosmetics

$h_2Ohhhhhhhhhh$



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KAYLA ITSINES, WHAT'S YOUR POWER BREAKFAST?

Because my day starts as early as 5:00 a.m., I split my breakfast in two. That way, I've got energy to exercise, and I'm not ravenous by 10 o'clock. Before I lead my first boot camp class, I have one poached egg on a piece of rye toast. When I get back, I make the same thing, but this time I add cherry tomatoes and baby spinach for extra nutrients. The rye is packed with fiber to keep me full, and the eggs and veggies fuel me for the next part of my day.

—Kayla Itsines, @kayla_itsines, an Australian personal trainer (with 2.9 million Instagram followers) and the author of the Bikini Body Guide e-book series

Even more snack ideas! Download the free Love My *Shape* app and scan the page.

nutrition right now

SUMMER'S *signature* COCKTAIL

It's about time juicing met boozing. Veggies have fast become a new favorite among bartenders for the earthy notes and nutrients they bring to mixed drinks. Treat yourself to one of the blends below for a twist on your usual cocktail; it's up to you whether you juice your own produce or go with a bottled version.



SOURCE
Emerald, copper, and ruby cocktail recipes courtesy of Eben Freeman, the head of bar operations for Genuine Superette in New York City. Cherry-tomato and cucumber cocktails courtesy of Eau Palm Beach Resort & Spa in Manalapan, Florida.

EMERALD: 1 ounce tequila + ½ ounce St. Germain + 2 ounces green juice + a splash of lime juice + a pinch of salt (**Green juice:** 3 celery ribs + 2 kale leaves + ½ cup apple juice + ¼ fennel bulb + ¼ cucumber + 3 dashes celery bitters + a pinch of sugar)

CHERRY-TOMATO: 2 ounces gin or vodka + 1 ounce lemon juice + ½ ounce agave syrup + 3 or 4 cherry tomatoes, halved and muddled + 3 strawberries, halved and muddled

COPPER: 1 ounce gin + ½ ounce Cointreau + 2 ounces carrot juice + a splash of lemon juice + a pinch of salt (**Carrot juice:** 4 carrots + 4 parsnips + 2 oranges + 1 knob turmeric + 2 inches ginger)

CUCUMBER: 2 ounces cucumber vodka + ½ ounce simple syrup + ½ ounce lime juice + ¼ cup cubed cucumber, muddled + a pinch of cayenne pepper to garnish

RUBY: 1 ounce bourbon + ½ ounce amaro + 1½ ounces beet juice + a splash of lemon juice + a pinch of salt (**Beet juice:** 1 cup beet juice + 4 parsley sprigs + 1 cup apple juice + 2 dashes bitters)

SUPERFOOD SPOTLIGHT

Baobab



This African export is the latest exotic fruit poised to match acai and goji berries in popularity, thanks to its powerhouse health properties. It's high in fiber and vitamin C, rich in minerals and electrolytes, and has loads more antioxidants than blueberries. Despite a passing resemblance to mango, baobab is more like a gourd and not the type of fruit you can sink your teeth into; it comes to you as a tangy powder to mix into water, smoothies, or juice (**Baobest Baobab Fruit Powder**, $16, baobabfoods.com) or as sweet, candylike chews, which are a blend of the powder and other fruits (**Superfruit Baobab Bites**, $5, cvs.com).

Baobab by iStock. Drinks photograph by Travis Rathbone. Food styling by Matt Yohr/Halley Resources; prop styling by Sarah Guido-Laakso/Halley Resources

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INCREASE IN THE NUMBER OF DRIVING MISTAKES PEOPLE MAKE WHEN THEY'RE DEHYDRATED—A RATE ON PAR WITH PEOPLE WHO'VE BEEN DRINKING ALCOHOL. THIS ROAD-TRIP SEASON, FEND OFF BRAIN FATIGUE BY SWIGGING AT LEAST 7 OUNCES OF WATER FOR EACH HOUR THAT YOU'RE IN THE CAR.

SOURCE: Loughborough University

health right now

THE BETTER WAY TO STRESS LESS

You may have seen "sound bathing" treatments popping up on spa menus and thought, Way too woo-woo for me. But according to research, they may de-stress you better than your usual massage. During a session, you lounge while your therapist plays tuning forks, gongs, Tibetan singing bowls, and other instruments to produce tranquil tones. "Several studies show that music activates areas in the limbic system to prompt the release of endorphins and dopamine, two pleasure hormones, and to decrease levels of cortisol, a stress hormone," explains Heidi Ahonen, Ph.D., a professor of music therapy at Wilfrid Laurier University in Ontario. To get the effect at home, Ahonen says, just lie back, close your eyes, and zone out to an album you find soothing. We'll be cuing up ***In the Lonely Hour*** by Sam Smith or the chillax classic ***Ambient 1: Music for Airports*** by Brian Eno (from $7 each, iTunes).

Tuning in to calming sounds shuts off angst.

IS YOUR SUPPLEMENT TOO SOUPED UP?

Here are four nutrients you definitely don't want to overdo: selenium, folic acid, vitamin E, and beta-carotene (which your body converts to vitamin A). Researchers at the University of Colorado Cancer Center looked at 20 years' worth of studies and found that exceeding the recommended intake of any of these doesn't cut your cancer risk and in fact increases it by up to 20 percent. Unless your M.D. says otherwise, switch your multivitamin if it contains more than 100 percent of the RDA of these nutrients, suggests lead researcher Tim Byers, M.D. Turn to page 164 to learn more about the supplements that can boost your health—and the ones you're better off skipping.

MORE ISN'T ALWAYS BETTER
Megadoses of vitamins can cause nutritional imbalances that up the risk of disease.



Top left: Photograph by Gallery Stock. Center: Photograph by Travis Rathbone. Prop styling by Sarah Guido-Laakso/Halley Resources. Right: Photograph by Levi Brown/Trunk Archive



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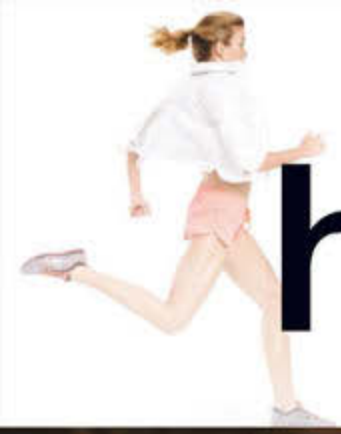
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The Best Vision Under the Sun



Exercise = smarter. Working out your body does the same for your brain: Exercise may boost levels of a specific protein called klotho, and recent research shows that women with more of it have better cognitive function. Another reason to fit in 30 to 60 minutes of cardio daily.

SOURCES: *Frontiers in Physiology, Cell Reports*

happiness right now



Do a quick soulmate search.

The relationship question you must ask yourself: *WHY AM I DOING THIS?*

Pay attention to your answer because your motivations for moving in with your man, getting married, or even having a baby can **predict how happy you will be down the road**, says Rachel Sussman, the author of *The Breakup Bible*. For example, couples who shacked up because it was convenient fought more later on than those who took the plunge purely to get more quality time together, according to a study in *Marriage and Family Review*. So be honest, advises Sussman: If your gut tells you that you're making a leap because you feel you should and not because you truly want to, it may be a sign to pause for now.

THE HAPPIEST HOUR IS... 7PM

Some 5,500 people prove it. In a worldwide poll, whenever someone was asked what they were doing at that time, **the response almost universally described something pleasant**, the *Journal of Personality* reported. Tonight, and every night, make it a point to join the seven o'clock fiesta. Here's a short list of suggested happiness hits to get you started.

- Go on an aimless drive around town with the windows rolled down and the music turned up.
- Take a pampering bath or shower, using the fancy products you usually save for special occasions.
- Order yourself an extra-nice glass of wine.
- Head outdoors for a leisurely catch-the-sunset run.
- Cook a dish you love for dinner (or order out, for once).
- Pop some popcorn and watch a movie with a friend.

26%

Reduction in how much people stewed on negative thoughts after taking a probiotic supplement for four weeks. Having the healthy bacteria in your gut may bump up your levels of the feel-good neurotransmitter serotonin, lead author Laura Steenbergen says. While the jury's out on whether probiotic foods give the same effect as the supplements did, try eating at least one daily serving of something fermented, like yogurt, kefir, or unpasteurized pickled veggies. You have nothing to lose but that negative mood.

SOURCE: *Brain, Behavior, and Immunity*

Photograph by Guy Aroch/Trunk Archive


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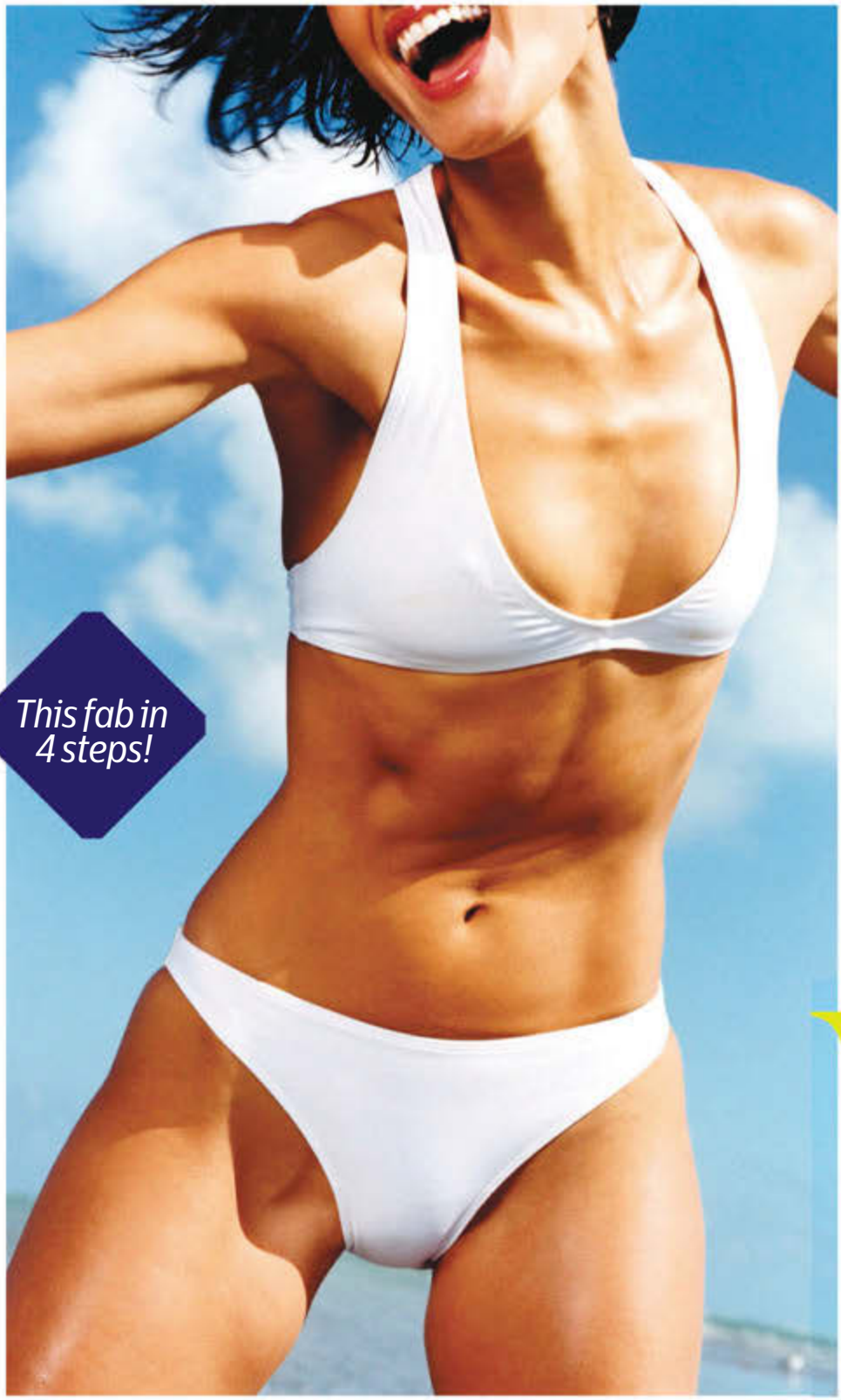
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POSTWORKOUT ACNE FIXES

SURGERY-FREE ANTIAGING SOLUTIONS

THE BEST LONG-LASTING MAKEUP



Photographs by Arthur Belebeau/Trunk Archive

Highlight your assets

Learn to instantly showcase your most beautiful body parts.

By RACHEL HAYES

You've worked hard for that sexy core, those toned legs and sculpted arms. Now, some strategic highlighting will really do them justice. We've enlisted the top beauty and bronzing experts to share their wisdom—they are the same pros whom celebs call in for their big skin-baring moments. Find out how to make this your standout summer. →

Step 1: ***Prep, prep, prep***
Because you're going to start with self-tanner and it develops darker on patches with excess dead skin cells, exfoliating is key. "Pay special attention to dry areas like knees, heels, and elbows. The smoother your skin is in general, the more natural your result will look," explains Melanie Mills, a makeup artist who has worked on *Dancing With the Stars*. To ensure you evenly scrub every inch of your body, Mills recommends using a loofah mitt: Step into the shower and squeeze just a little soap or mild body wash onto the mitt—heavy, oily cleansers may interfere with your skin's absorption of the tanner. Rub your body in circular motions. Rinse and pat dry.

Step 2: ***Even out your skin tone***
Thanks to everyday sun exposure, your chest and arms are probably a bit darker than your stomach and thighs. Plus, if you've been exercising a lot outdoors, you may also have tan lines from your racerback sports bra, tank, tee, or shorts. "Tan lines divide your body, causing it to appear blocky," notes celebrity tanner Jimmy Coco, whose famous clients include Ariana Grande. "Erase them and you'll instantly look longer and leaner." To do that, smooth a gradual self-tanning lotion on the palest areas every day until they match the rest of your skin (stop exfoliating during this time or you'll rub off the color). Then spray a body bronzer all over for a perfect, seamless tan. "I like a tinted formula, so I can see exactly where I'm spraying and avoid missing any spots," Coco says. Stand back and assess your work. If you want to be darker, add another coat of bronzer.







"Darkening your skin two shades shows off muscle contours and hides imperfections, making skin look toned and healthy," Mills says.

Step 3: ***Zero in on a feature***
Pick the body part you're particularly proud of and apply a light-reflecting powder to that area. "It acts like a spotlight, drawing the eye to your beautiful curves and muscle tone," explains Heidi Klum's makeup artist Linda Hay. Highlighting (a.k.a. luminizing) powders come in a range of colors, but Mills recommends a rose-gold hue. "It's always gorgeous on

Earth Therapeutics Exfoliating Hydro Gloves ($5, earththerapeutics.com). **St. Tropez Gradual Tan Plus Firming** ($40, sephora.com). **Bliss Fatgirlslim Hide & Glow Sleek in Medium-to-Deep** ($38, ulta.com).

Still photographs by Claire Benoist. Styling by Sarah Guido-Laakso/Hatley Resources

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"A highlighter gives your muscle tone a higher level of definition," Hay says.



Sephora Pro XL Full Coverage Airbrush ($45, sephora.com). **Hawaiian Tropic Island Sport Clear Spray SPF 30** ($11, drugstores). **Becca Shimmering Skin Perfector Pressed** ($38, ulta.com).

everyone," she says, "and will play up your bronzed skin." Once that spray bronzer you applied is completely dry, swirl a large fluffy brush in the powder, tap the brush to shake off any excess, then dust it over your skin. Exactly where is important: If you want the focus to be on your shoulders and back, sweep the shimmer across the top of each shoulder and then on the pointy edges of your shoulder blades (you should just be able to reach them with the brush). Love your legs? Using long strokes, run the brush down the center of the front of your thigh, skip the knee, then continue down your shin, tapering off at the top of your foot. Or accentuate your cleavage: "Dust the powder over the tops of your breasts in a curved M shape to enhance their fullness," Hay says.

Step 4: ***Set it and forget it***

Don't let your efforts melt away the minute you walk outside. "Seal your shimmer with a water- or sweat-proof sunscreen mist," Mills says. It's like hairspray for your skin, freezing your makeup in place—and you need to apply it anyway. One more tip from Mills: "If you swim, avoid rubbing your skin with a towel, which will buff off your makeup. Instead, pat." ★

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Living IN THE Fit Mindset
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"Your skin will thank you"
Cassandra Bodzak,
Lifestyle Blogger

Skin SNAGS

Exercise is essential for maintaining physical and mental fitness because it is great for your heart and lungs, and improves stress[1]. If you're increasing your stress-relieving sweat sessions, be ready to combat skin issues that may develop since sweat may make acne worse.[2] With help from a leading Dermatologist, Dr. Dina Strachan, I learned a few basics that have helped me on my journey to stress-free skin care.



Dr. Strachan is the director of Aglow Dermatology and a board-certified dermatologist who specializes in medical and cosmetic dermatology.

1. Use a gentle cleanser[3]
2. Limit face washing to twice a day, morning and night[3]
3. Moisturize even if you have oily skin[4]
4. Be proactive and educated—speak to a Dermatologist if you need help

Cassandra's "SKIN"SIGHTS...

Staying healthy is important for my mind, body and most importantly, stress management. For me, logging time at the yoga studio is a great way to reduce stress and invigorate my body, but what you may not realize, are the complexion benefits. Helping to increase blood flow, nourish skin cells, and carry away waste products, working out can do wonders for you![1,8] Although there's no proven link, low glycemic diets have been associated with low levels of acne.[5,6] My go-to ingredients are lots of leafy greens, whole grains, and nuts.[7] Eating right and exercising are easy steps to improve your health.



Matt Hoyle Photography

TELL US **YOUR** INSPIRATIONAL SKIN TREATMENT JOURNEY!

Tell us your story: the struggles, breakthroughs, and tips you've learned to help inspire others to seek treatment from a dermatologist.

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ACZONE® (dapzone) Gel 5% is a prescription medicine used on your skin (topical) to treat acne in people 12 years and older. The most common side effects of ACZONE® are dryness, redness, oiliness, and peeling of the skin being treated. **Please see more Important Safety Information on the next page.**

ASK YOUR DERMATOLOGIST ABOUT THE 90G TUBE. THE BEST VALUE

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NO PURCHASE NECESSARY TO ENTER OR WIN. Subject to Official Rules at Shape.com/BeMotivated. The **Motivate and Be Motivated** Contest begins at **12:01AM EST** on **May 1, 2015** and ends at **11:59PM EST** on **October 31, 2015**. Open to legal residents of the 50 United States, and the District of Columbia,**18** years or older. Limit **One (1)** entry per person and per email address throughout the entry period. Void where prohibited. Sponsor: Meredith Corporation.

APC38MF15

#1 PRESCRIBED RETINOID-FREE BRANDED ACNE PRODUCT[1]



ACZONE® (dapsone) Gel, 5% is a prescription medicine used on your skin (topical) to treat acne in people 12 years and older.[2]

Important Safety Information

Do not use ACZONE® Gel if you are allergic to any of the ingredients in ACZONE® Gel or if you are younger than 12 years of age.

Tell your doctor about all of your medical conditions, including if you have glucose-6-phosphate dehydrogenase deficiency (G6PD) which may put you at a greater risk for developing a low red blood cell count. If you experience signs and symptoms such as back pain, breathlessness, tiredness/weakness with daily activities, dark-brown urine, high fever, and yellow or pale skin, stop use and call your doctor immediately.

The most common side effects of ACZONE® Gel are dryness, redness, oiliness, and peeling of the skin being treated.

Talk to your doctor about any medications you're using including topical benzoyl peroxide (BPO). Use of BPO with ACZONE® Gel may cause your skin to temporarily turn yellow or orange at the site of application.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Please see Brief Summary of full Prescribing Information on adjacent page.

Before | After 12 Weeks



Individual results may vary.
Studied in males and females 12 and older.
Illustration of clearing

References: 1. IMS Health, Inc. Vector One®: National (VONA). Plymouth Meeting, PA: IMS Health, Inc.; Total prescriptions filled for non-retinoid acne treatments between February 2014–January 2015.
2. ACZONE® Prescribing Information.

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Aczone® (dapsone) gel, 5%

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FDA-Approved Patient Labeling

ACZONE® (dapsone) Gel 5%

Read this important information before you start using **ACZONE®** (AK-zōn) Gel and each time you refill your prescription. There may be new information that you need to know. This summary is not meant to take the place of your doctor's advice. If you have any questions or want more information about **ACZONE®** Gel, ask your doctor or pharmacist.

What is ACZONE® Gel?

ACZONE® Gel is a prescription medicine used on your skin (topical) to treat acne in people 12 years and older.

ACZONE® Gel has not been studied in children under 12 years of age.

Who should not use ACZONE® Gel?

Do not use **ACZONE®** Gel if you are allergic to any of the ingredients in **ACZONE®** Gel or if you are younger than 12 years of age.

Active ingredient: dapsone.
Inactive ingredients: Carbomer homopolymer type C, diethylene glycol monoethyl ether (DGME), methylparaben, sodium hydroxide, and purified water.

What should I tell my doctor before using ACZONE® Gel?

- **Tell your doctor about all of your medical conditions, including if you:**
- **are pregnant or planning to become pregnant.** It is not known if **ACZONE®** Gel may harm your unborn baby. You and your doctor will need to decide if **ACZONE®** is right for you.
- are breastfeeding. **ACZONE®** Gel passes into your milk and may harm your baby. You should choose either to use **ACZONE®** Gel, or breastfeed, but not both. Talk to your doctor about the best way to feed your baby while using **ACZONE®** Gel.
- have glucose-6-phosphate dehydrogenase deficiency.

Tell your doctor about all the medicines you are taking including prescription and nonprescription medicines, vitamins and herbal supplements. Especially, tell your doctor if you are using any other medicines applied to the skin, such as acne medicines with benzoyl peroxide.

How do I use ACZONE® Gel?

- Use **ACZONE®** Gel exactly as prescribed by your doctor. **ACZONE®** Gel is usually used on your affected skin twice a day, once in the morning and once in the evening.
- Wash the areas of your skin where you will apply **ACZONE®** Gel. Gently pat your skin dry with a clean towel.
- Apply a thin layer of **ACZONE®** Gel to the areas of your skin that have acne. A pea-sized amount of **ACZONE®** Gel will usually be enough.
- Rub the medicine in gently and completely.
- Make sure to put the cap back on the **ACZONE®** Gel tube. Close it tightly.
- Wash your hands after applying **ACZONE®** Gel.
- Keep **ACZONE®** Gel away from your mouth and eyes. Do not swallow **ACZONE®** Gel. If you swallow **ACZONE®** Gel, call your doctor or poison control center right away.
- If your acne does not get better after using **ACZONE®** Gel for 12 weeks, talk to your doctor about other treatments for acne.

What are the possible side effects of ACZONE® Gel?

Like all medicines, **ACZONE®** Gel can cause some side effects. The most common side effects of **ACZONE®** Gel are dryness, redness, oiliness and peeling of the skin being treated.

When the active ingredient of **ACZONE®** Gel (called dapsone) is taken orally as a pill, it has been related to the abnormal breakdown of red blood cells (hemolytic anemia). If you have glucose-6-phosphate dehydrogenase deficiency, you may have a greater risk for lowering your hemoglobin level. However, using **ACZONE®** Gel on the skin is not expected to put enough dapsone in the blood to cause clinical symptoms of hemolytic anemia. You are advised to be alert for signs and symptoms suggestive of this type of anemia (sudden onset of: back pain, breathlessness, tiredness/weakness with daily activities, dark-brown urine, high fever and yellow or pale skin). If you experience these signs and symptoms, stop use and call your doctor immediately.

Use of benzoyl peroxide together with **ACZONE®** Gel at the same time may cause your skin to temporarily turn yellow or orange at the site of application.

This is not a complete list of all the possible side effects. Call your doctor if you have any side effects that do not go away or bother you. If you have any questions, ask your doctor or pharmacist.

How should I store ACZONE® Gel?

Store **ACZONE®** Gel at room temperature 68º to 77ºF. Do not freeze **ACZONE®** Gel.

Keep **ACZONE®** Gel out of the reach of children less than 12 years of age.

Where can I find more information about ACZONE® Gel?

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5 questions for top dermatologist Macrene Alexiades-Armenakas

Lancôme's consulting derm has the answers to your most pressing skin issues.

BY KATE SANDOVAL BOX

"Why is no body moisturizer hydrating enough for me?"

—Bailey, 24, Russellville, Arkansas

You might not be using it right. Your skin should be damp when you apply a hydrator, which then acts as a shield, trapping the water inside. So timing is everything. Right after you pat your skin with a towel, apply the lotion or cream. There's a misconception that you've got to slather on a thick layer. No need—smoothing a small amount on damp skin will work better than an entire jar of lotion on skin that's already dried out. I apply **Lancôme Nutrix Royal Body** ($41, lancome-usa.com) immediately after showering every morning. →

Photograph by ONDREA BARBE

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Singlet $19.99



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IMPACT JILLIAN MICHAELS

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EXCLUSIVELY AT KMART

The doctor's top skin fixes



"I know not to overscrub my sensitive skin. Anything else?"
—Laura, 31, New Orleans

Washing your face with hot water—it causes blood vessels to dilate; over time, your capillaries break and your face stays red. Switch to lukewarm water, then moisturize with soothing ingredients, like chamomile, and ones that encourage blood vessels to constrict, like caffeine. Both are in my **37 Extreme Actives High Performance Anti-Aging Cream** ($195, drmacrene.com).

"I have acne and rosacea. Is this something I just have to live with forever?"
—Brooke, 46, Princeton Junction, New Jersey

Good news, bad news: Rosacea is curable. I get fantastic results with **Soolantra** (soolantra.com), the latest prescription cream. Meanwhile, we have yet to find a cure for acne. With either, whenever you have a breakout, stop and think about what you've been doing for the past three days. Histamine-releasing foods, like bananas and avocados, worsen my rosacea. If you figure out your triggers, you can avoid them.



"I sleep in my makeup—often. How big a deal is it really?"
—Jennifer, 45, Hershey, Pennsylvania

It's such a big deal that I'd be able to tell that you do this just by looking at you. The makeup sits in your pores, creating plugs that become pimples. Also, your cells can't rejuvenate at night if they're busy fighting off the toxins that accumulated on your skin. The answer: Simply wash your face. Try **CeraVe Foaming Facial Cleanser** ($12, drugstores).



"If you get a pimple, act fast. A blemish has 200 to 1,000 inflammatory cells. If it spreads to 10 blemishes, there are up to 10,000 cells, which take a lot longer to control."

"My workouts are causing body acne. I'm not going to stop exercising, so what can I do?"
—Amanda, 40, Rye Brook, New York

Lately, I've seen a lot of patients with exercise-induced body acne and folliculitis—red bumps or whiteheads—most often caused by the bacteria on machines and mats at the gym. A cursory wipe down of the equipment isn't enough to kill bacteria, and skipping a shower allows the bacteria to fester. As soon as you finish your workout, rinse and clean your skin with a benzoyl peroxide body bar, like **PanOxyl 10% Acne Cleansing Bar** ($8, drugstores). Afterward, spray problem areas with a salicylic acid formula, like **Neutrogena Body Clear Body Spray** ($9, drugstores).





OUR GURU'S GO-TOS

So what does our beauty pro do?

I am a firm believer—and living proof—that skin-care products can make in-office procedures and surgeries obsolete. Not that I'm averse to getting cosmetic treatments, but I haven't needed them so far. My routine is to wash my face and then immediately apply my 37 Extreme Actives cream (top left), both in the morning and when I get home from work. If my eyes are puffy, I use **Lancôme Advanced Génifique Yeux Light Pearl** (above, $69, lancome-usa.com). There's nothing stronger on the market; it gets the puffs out in seconds.

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Active ingredient

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The leaves give your skin a potent health hit.



Get a clearer complexion

In 20 minutes, **Boscia Green Tea Mattifying Hydrogel Mask** ($8, boscia.com) works to reduce excess oil production and prevent future breakouts.

Fight signs of aging

Antioxidants in **Earth Therapeutics Green Tea Herbal Soap** ($4, earththerapeutics.com) protect against wrinkle-inducing free-radical damage. Added vitamins C and E moisturize skin, giving it a youthful glow.

Detox and de-stress

Hang **The Body Shop Fuji Green Tea Bath Infuser With Bath Tea** ($6 and $20, the bodyshop-usa.com) under a running tap for a full-body brew. Tea leaves from Mount Fuji detoxify skin while you unwind.



INHALE/EXHALE

You'd borrow your boyfriend's polo shirt, so why not swipe his cologne, especially when it smells as crisp and clean as this one? The just-showered scent of **Eau de Lacoste L.12.12 Jaune** ($70, sephora.com) is refreshing on anyone's skin.



Don't be flaky

That sweet summer hat shields the rays, but it could also make dandruff worse. A cap traps sweat, which can irritate your scalp and cause it to flake, says James Schwartz, Ph.D., a research fellow for Procter & Gamble. Don't ditch the headgear; switch to a dandruff shampoo like **Head & Shoulders** ($5, drugstores) for the season.

Still photographs by Claire Benoist. Styling by Sarah Guido-Laakso/Halley Resources. Bottom center: Photograph by Sam Bisso/Folio-ID

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Your buffest body

Flash soft, sexy skin that dazzles under the sun's high beams. With these scrubs, you're just one shower away.

By KELSEY CASTAÑON

Defeat dryness

If chlorine has left your skin alligator-like, reach for **Moroccanoil Fleur de Rose Body Buff** ($52, moroccanoil.com). It's loaded with five moisturizing oils, including argan, avocado, and sweet almond, to deliver a heavy hit of hydration.

Freshen up

Ideal after a day in the sun and sand, **The Body Shop Virgin Mojito Body Scrub** ($22, thebodyshop-usa.com) feels so weightless on skin, you barely notice it's buffing off the grit. Bonus: It smells as summery as the cocktail it's named after.

Revive your mornings

The citrusy burst of green mandarin and orange notes in **Soap & Glory Orangeasm Exfoliating Body Polish** ($12, drugstore.com) stimulates the senses, giving a jump start to your day.

Do a full-body detox

H2O+ Spa Black Sea Body Scrub ($22, h2oplus.com) is packed with marine ingredients—including detoxifying volcanic black sand to provide superfine exfoliation and vitamin-rich seaweed to moisturize—that bring tired skin back to life.



Smooth rough areas

A heavy-duty blend of fine and coarse sea salts makes **Lush Cosmetics Ocean Salt Body Scrub** ($22, lushusa.com) the perfect polish for cracked heels and elbows, as well as gentle enough to keep skin baby-soft all over.

Try a milder slough

If salt scrubs feel too abrasive, use **& Other Stories Belleville Bakery Body Scrub** ($15, stories.com). It has sugar granules, which are gentler yet still leave skin buffed.

Fight cellulite

Use a little muscle to massage **Caudalie Crushed Cabernet Scrub** ($38, us.caudalie.com) into legs to rev circulation and temporarily decrease dimples. The rosemary, cypress, and lemongrass oils can boost lymphatic drainage.

Beat breakouts

Hot, humid temps up your chances of body acne. Stay pimple-free even after the sweatiest summer days with **Peter Thomas Roth Blemish Buffing Beads** ($36, sephora.com); the formula contains exfoliating acids, such as salicylic (to keep pores clear) and glycolic (to whisk away oil).

Prop styling by Sarah Guido-Laakso/Halley Resources

Photograph by CLAIRE BENOIST


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Your summer arsenal

Instant cool-aids

It's hot. These reviving formulas keep you gorgeously fresh as they soothe your skin, scalp, and muscles on contact.

By KELSEY CASTAÑON

TIME: 5 MINUTES

Put puffy eyes on ice

Better than holding frozen spoons on your eyes, **Sephora Glitter and Chill Cooling Mask** ($12, sephora.com) straps on and molds to your face. Keep it stashed in the refrigerator so you're always ready to deflate.

TIME: 1 MINUTE

Use a minty shampoo

Work **Oribe Cleansing Crème for Moisture & Control** ($44, oribe.com) into your roots to stimulate circulation; its invigorating mint and caffeine act like a shot of chilled espresso for your scalp.

TIME: 2 MINUTES

Chill post-workout

Massage **Elemis Instant Refreshing Gel** ($56, nordstrom.com) into achy muscles after a hot sweat session so its cooling camphor and menthol can relieve any tension and soreness.

TIME: 5 SECONDS

Quench parched lips

This sphere-shaped balm feels as icy as an igloo, thanks to a strong dose of peppermint extract. Swipe **EOS Visibly Soft Lip Balm in Vanilla Mint** ($3, drugstores) on your lips to protect them from the sweltering heat and add a subtle sheen.

TIME: 15 SECONDS

Refresh on the go

One spritz and the cucumber- and aloe-infused **Yes to Cucumbers Cooling Hydrating Mist** ($11, yestocarrots.com) calms overheated, stressed-out skin. You'll look clean and dewy, as if you've dashed through a sprinkler.

TIME: 10 MINUTES

Try a frosty facial

That tingly, this-is-working sensation you get from **Freeman Feeling Beautiful Sparkling Pear Pore Cleansing Mask** ($4, freemanbeauty.com) means it's doing more than just refreshing you: It's drawing dirt and oil from pores, thanks to its willow bark extract and tea tree oil.

TIME: 30 SECONDS

Give underarms a wipe down

Reapplying solid deodorant when you're already sweaty can result in a goopy mess, but **Pacifica Underarm Deodorant Wipes** ($9, ulta.com) go on crisp and clean as they wash away armpit odor, leaving only a deliciously tropical coconut scent.



Prop styling by Sarah Guido-Loakso/Hatley Resources

Photograph by CLAIRE BENOIST



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Shape Executive Beauty Director Cheryl Kramer Kaye

Insider peek

I haven't worn shorts since the '90s, thanks to cellulite

Yes, seriously. Of course I've tried things that have made my cellulite look better, but after I stopped using them, the results quickly vanished. So when I heard that Cellfina, a new cellulite treatment, had a 94 percent patient-satisfaction rate a year after a single session, I took notice. "The improvement isn't subtle," vouched Dr. Joel Cohen of AboutSkin Dermatology in Englewood, Colorado, who is participating in a Cellfina trial. He explained that each cellulite pucker is caused by a thin band of connective tissue that tethers the skin to the muscle. Cellfina releases this band, eliminating the pucker. So I hauled ass, as it were, to the Laser & Skin Surgery Center in New York City, where I met with dermatologist Yoon-Soo Cindy Bae, M.D. "We can definitely treat these dimples," Dr. Bae said, circling—no joke—36 puckers on my before photos. (Don't even ask; I'm not showing them to you. But you can go to cellfina.com for other people's before-and-afters.) "However," she said, pointing to my under-butt area, "Cellfina doesn't treat cottage cheese skin." Dr. Bae used the Cellfina tool to make teeny, tether-slicing cuts on my numbed tush and thighs. It took less than an hour. Two weeks of round-the-clock Spanx (to reduce swelling) later, some puckers are just smaller, but others look like they've been airbrushed out! And while I would hardly describe my rear as flawless, I did just buy myself a pair of Rag & Bone cutoffs.

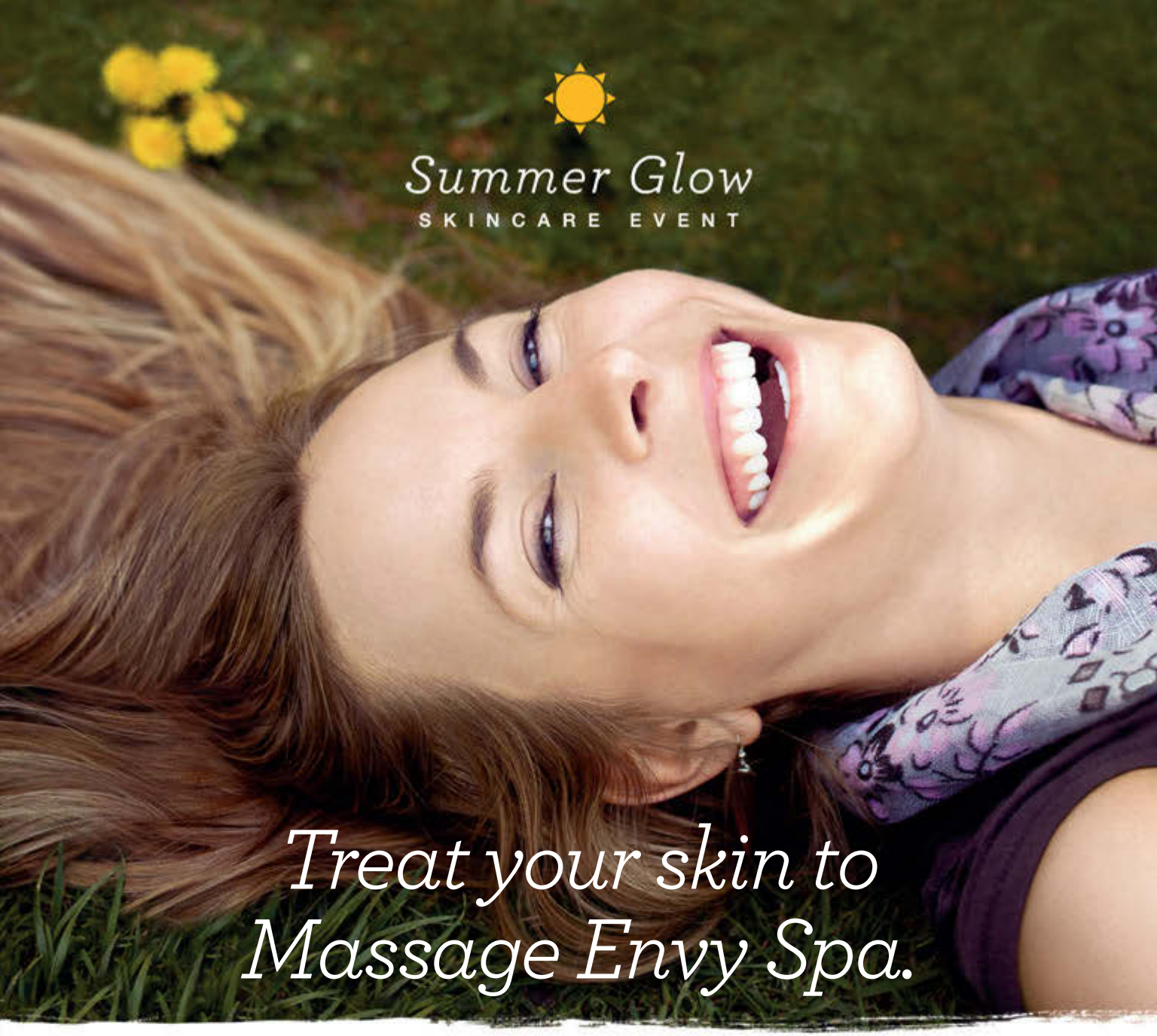


Gillette Venus With a Touch of Olay Violet Swirl ($3, drugstores)

And even though I haven't been wearing shorts . . .

I still shave my legs every day all year round. Obsessive, perhaps, but I do it as a result of PTSD caused by a boy in high school who would, without warning, check my legs for stubble. So when I say I know shaving, believe me. Mostly, I'll just use shampoo suds from my head. But in the shin-baring months, I switch to a shave gel for the extra hydration. My latest creamy crush: **Gillette Venus With a Touch of Olay**, which has five times as much moisture as soap. I love its light violet scent and how smooth it leaves my legs . . . to *my* touch.

Top: Photograph by Ondrea Barbe. Hair by Natasha Liebel/ABTP.com; makeup by Rachel Wood/ABTP.com. Still photographs by Claire Benoist. Styling by Sarah Guido-Loakso/Halley Resources



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EXTRA STRENGTH
*IF NAILS TEND TO BEND EASILY, OPT FOR A TOPICAL STRENGTHENER (LIKE **SALLY HANSEN 18K GOLD HARDENER**, NEXT PAGE, $8, DRUGSTORES). PAINT ON A THIN LAYER EVERY OTHER DAY FOR UP TO TWO WEEKS.*



Strength-train your nails

They need to be tough to stay healthy and pretty. Here's your game plan.

By KELSEY CASTAÑON

Stronger nails are smoother and shinier in the buff and look clean without a swipe of polish. "You want them to be both durable and flexible—that's their optimal condition," says Doug Schoon, a scientist and an authority on nails. Hit that healthy balance with our mini boot camp: We went to the top pros to help get your nails fit and bring out their natural brilliance. No chips, no rips—just gorgeous toughness.

5 proven boosters

Eat protein, sweat often

Nails are essentially made of protein—in the hardened form of keratin—so step one is to make sure you eat enough of the nutrient, says Francesca Fusco, M.D., a dermatologist in New York City. Experts recommend a daily intake of 0.5 grams of protein per pound of body weight. That comes to 70 grams for the average 140-pound woman. (You can skip the fancy supplements and gelatin, Schoon notes; there just isn't strong evidence that they help.) Also key to thriving nails is good circulation. Boost yours by exercising intensely for at least 30 minutes on most days and keeping active throughout the day.

Oil up

Moisturizing your nails morning and night should be as routine as hydrating your skin, says Julie Kandalec, the creative director for Paintbox salon in New York City. Massage a nourishing oil like **Duri Cosmetics Herbatherapy** (next page, $10, duri.com) directly into cuticles and fingernails for a minute, Kandalec says. Those 60 seconds of TLC help save nails from becoming dry and brittle—a.k.a. weak.

Get in (almond) shape

Filing your nails at least every two weeks will guard against "split ends" that can snag, Schoon says. Because nails grow outward from the bed (where the cuticle is), the fibers at the tips are the oldest and most vulnerable. "Use a nail file with a grit of 240 [as indicated on the package]

Photographs by CLAIRE BENOIST

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or a superfine crystal file," he recommends. "These safely shape the edges of your nail without roughing the surface." Try **Sephora Crystal Nail File** (below, $10, sephora.com). And go with a rounded or almond shape to make them even more snag-proof. "If there are no corners, there's less to catch and break," Kandalec says.

Protect before you plunge

Apply a topcoat to your nails before you jump into the pool or hit the beach. "Nails absorb moisture one thousand times faster than skin, so soaking hands for longer than a minute causes them to swell," Schoon explains. "That can cause the surface of the nail plate to crack, leading to peeling or dryness." Use a product like **Julep Oxygen Performance Top Coat** (right, $18, sephora.com) and your nails will be more water repellent and damage resistant than when they skinny-dip.

Strip smartly

Whenever you use a polish remover, rejuvenate your nails with cuticle oil to reverse the drying effect of the acetone and other chemicals. It's tempting, but whatever you do, hold back from picking your polish off—"you'll peel away multiple layers of your natural nail," Schoon warns. You can also test the latest technology: **SensatioNail Nail Shield** (top left, $8, drugstores) lets you skip the remover altogether. Just press the sticker onto your clean nail, file off the excess, and paint. Bam!—a mani that will last but that you can take off stat.

Water is the number-one cause of weak nails, so polish up for a day at the pool.



POWER POLISHES

Strengthen *while* you beautify. Coconut and lavender oils in **Lakur Londontown Enhanced Colour in Jack of the Union** ($16, londontownusa.com) restore lost moisture; antioxidant-rich kale in **Nails Inc NailKale in Abbey Road** ($14, sephora.com) protects nails from free radical damage; **Butter London Patent Shine 10x Nail Lacquer in Smashing!** ($18, butterlondon.com) is the first polish to boot seven controversial chemicals (like ethyl tosylamide and xylene) for a gentler-than-ever mani.

Manicure by Yuko Wada/Mark Edward Inc., for Chanel; prop styling by Wendy Schelah/Halley Resources

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IMPORTANT SAFETY INFORMATION

You must not take Otezla if you are allergic to apremilast or to any of the ingredients in Otezla.

Otezla is associated with an increase in adverse reactions of depression. In clinical studies, some patients reported depression and suicidal behavior while taking Otezla. Some patients stopped taking Otezla due to depression. Before starting Otezla, tell your doctor if you have had feelings of depression, suicidal thoughts, or suicidal behavior. Be sure to tell your doctor if any of these symptoms or other mood changes develop or worsen during treatment with Otezla.

Some patients taking Otezla lost body weight. Your doctor should monitor your weight regularly. If unexplained or significant weight loss occurs, your doctor will decide if you should continue taking Otezla.

Some medicines may make Otezla less effective, and should not be taken with Otezla. Tell your doctor about all the medicines you take, including prescription and nonprescription medicines.

Side effects of Otezla were diarrhea, nausea, upper respiratory tract infection, tension headache, and headache.

These are not all the possible side effects with Otezla. Ask your doctor about other potential side effects. Tell your doctor about any side effect that bothers you or does not go away.

Tell your doctor if you are pregnant, planning to become pregnant, or planning to breastfeed. Otezla has not been studied in pregnant women or in women who are breastfeeding.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-332-1088.

Please see Brief Summary of Prescribing Information on the following page.



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Rx Only

Brief Summary of Information About OTEZLA® (oh-TEZ-lah) (apremilast) Tablets

This information does not take the place of talking to your doctor about your medical condition or treatment. If you have any questions about OTEZLA® (apremilast), ask your doctor. Only your doctor can determine if OTEZLA is right for you.

What is the most important information I should know about OTEZLA?
OTEZLA may cause serious side effects:

Depression was reported by some patients taking OTEZLA. Before taking OTEZLA, tell your doctor if you have had feelings of depression, suicidal thoughts, or suicidal behavior. You, your caregivers, and family members should be alert for the development or worsening of depression, suicidal thoughts, or other mood changes. If such changes occur, contact your doctor. Your doctor will determine whether you should continue taking OTEZLA.

Weight loss occurred in some patients taking OTEZLA. Your doctor should monitor your weight regularly. If unexplained or significant weight loss occurs, your doctor will consider whether you should continue taking OTEZLA.

Some medicines should not be taken with OTEZLA as they may make OTEZLA less effective. Tell your doctor about all the medications you take, including prescription and nonprescription medications.

What is OTEZLA?
OTEZLA is a prescription medicine used for the treatment of patients with moderate to severe plaque psoriasis for whom phototherapy or systemic therapy is appropriate.

It is not known if OTEZLA is safe and effective in children less than 18 years of age.

Who should not take OTEZLA?
You must not take OTEZLA if you are allergic to apremilast or to any of the ingredients in OTEZLA.

What should I tell my doctor before taking OTEZLA?
Tell your doctor if you:
- have had feelings of depression, suicidal thoughts, or suicidal behavior
- have any kidney problems
- are pregnant or plan to become pregnant. It is not known if OTEZLA can harm your unborn baby.
- are breastfeeding or plan to breastfeed. It is not known if OTEZLA passes into your breast milk.

What are the side effects of OTEZLA?
- OTEZLA may cause serious side effects. See "**What is the most important information I should know about OTEZLA?**"
- **Common side effects** of OTEZLA are:
 - diarrhea
 - nausea
 - upper respiratory tract infection
 - tension headache
 - headache

These are not all the possible side effects with OTEZLA. Tell your doctor about any side effect that bothers you or does not go away.

General Information about OTEZLA

Medicines are sometimes prescribed for purposes other than those listed in their package inserts. This is a Brief Summary of important information about OTEZLA. Ask your doctor or pharmacist for more complete product information, or visit otezla.com, or call 1-844-4OTEZLA (1-844-468-3952).

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PREMIUM SUPPLEMENTS. **SMART PRICE.**

Can exercise make your skin look younger?

New research says yes. Learn how your workout can reverse aging and double as your most potent beauty treatment.

By BETH JANES

Get gorgeous naturally.



HEADING OUT? Exercising temporarily lowers the skin's protective antioxidant levels: Outside, apply SPF 30 every two hours.

Though it sounds too good to be true, exercise not only keeps your skin youthful but also helps it de-age—and now we know why. As you work out, your muscles release all sorts of proteins to start the domino effect of your body's response to exercise. Researchers at McMaster University in Ontario took a close look at those proteins and were able to pinpoint one in particular, IL-15, that stimulates skin cells' power centers, or mitochondria. The pumped-up mitochondria in turn make skin cells perform better, whether they're cranking out plumping collagen or triggering the cell turnover that renews your complexion. In other words, IL-15 makes skin cells' mitochondria fitter and healthier, and that makes skin look and act younger. Best of all, this priceless IL-15 youth potion is totally free: Exercise is the only way to get it.

The magic of IL-15

The Canadian scientists first discovered the IL-15 effect in a remarkable study that was released earlier this year. Comparing the skin of older adults who did moderate-to-vigorous cardio four or more times per week to that of sedentary adults, they found that the exercisers' skin looked 25 years younger—yes, 25 *years*. The key was that the exercisers had higher levels of IL-15 (*IL* is short for interleukin, a class of protein). Even more exciting, when the scientists put the sedentary seniors on a light cardio program, the aging of their skin was partially reversed. "After just three months, we saw a 'youthening'—a thickening of the dermis [the under layer] and a thinning of the epidermis [the topmost layer]," says lead author Mark Tarnopolsky, M.D., Ph.D., a professor of pediatrics and medicine. (A thick dermal layer has lots of collagen, which gives skin a firm appearance, and a thinner top layer indicates that the epidermis is constantly being replenished with fresh skin cells.) "And the fact that we got these improvements means you can't say the initial differences we observed in the original exercisers' skin were just the result of good genes."

What's especially reassuring is that if you haven't put

Hair by Rodney Groves/Roy Brown Pro for Oribe Haircare; makeup by Yoline Diallo/DeFacto for Diorskin Nude; manicure by Koyo Higuchi/DeFacto for Dior Vernis. Body Glove bra. Vimmia leggings

Photographs by ALEXANDRE WEINBERGER


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in much exercise time in the past, you haven't missed the boat for younger-looking skin. To be clear, the former couch potatoes in the study didn't magically erase wrinkles by hitting the gym, but even Dr. Tarnopolsky was stunned at how little exercise it took for them to reap the skin benefits that could keep them from developing more signs of aging. "These people didn't have to do that much. They biked 30 to 45 minutes at a moderate pace twice a week, and on one other day, we asked them to go for a walk," he says. "I thought the effect would take longer or require more intensity or duration per workout. But based on what we see, there's no question that even a little exercise makes skin look younger."

Other skin-deep perks

As you know, getting your heart thumping faster boosts your circulation. That means more nutrients and oxygen reach your skin cells, and your body more efficiently carries away the by-products of normal cell repair and turnover. "Whenever you increase nutrition to cells, you also increase and improve cellular function," says Mark Herron, M.D., a dermatologist in Montgomery, Alabama, and a three-time Ironman competitor. "And if each cell is improved when you exercise, then you are further warding off the aging process."

Plus, at the same time your level of IL-15 is spiking, your muscles are releasing similar interleukins that stimulate the body's immune system, which in turn can reduce whole-body inflammation. That's a crucial function, because inflammation breaks down collagen and can thwart skin repair. "The term *inflamm-aging* was created because inflammation is seen as a key driver of aging," says Frauke Neuser, Ph.D., the principal scientist for Olay Skin Care. "It can literally exhaust cells because they're constantly responding to the inflammation. Their defense mechanisms kick in, which prevents them from focusing on the regular functions that keep skin strong and healthy." In other words, exercise does the dirty work to lift the constant low-grade stress your skin cells could be under without your even knowing it.

BOOST SKIN FROM THE OUTSIDE IN

Immediately after a workout, your body is focusing more of its energy on recovery than on skin cells, making skin less able to take full advantage of antiaging creams. Wait a few hours before you apply them. One to try: **Olay Regenerist Micro-Sculpting Cream Moisturizer** ($26, olay.com), which contains a combination of ingredients, including niacinamide, an energizer of surface-skin turnover.

The ideal antiaging workout

Any exercise has positive effects on skin, experts say, but research shows that only cardio, not resistance training, generates IL-15. The specific type—walking, jogging, cycling, swimming—doesn't seem to matter. As the McMaster University study on seniors suggests, intensity may not be that important either. "I think there is a ceiling effect on how much IL-15 your skin cells can use, and we were close to it. The skin really looked much younger, and you cannot get younger than young," Dr. Tarnopolsky says. And if you're worried that pounding the pavement on runs stresses skin's elasticity and causes sagging, don't be. The small amount of g-force that the skin endures may actually help ward off wrinkles. "That little bit of intermittent stretch in skin could stimulate repair mechanisms and trigger collagen growth," Dr. Tarnopolsky says. (As for breasts, what leads to sagging is not high-impact exercise—a good sports bra can pretty much provide the necessary motion control to neutralize that stress—but the gradual loss of elasticity in their inner support system, namely fascia and Cooper's ligaments.) Bottom line: All you have to do is move. "When you see an older person and go, 'Wow, you look so good,' it's probably one of two things," Dr. Tarnopolsky says. "Either they've paid a lot of money for plastic surgery and collagen injections, or they exercise."







WHITER TEETH IN 3 DAYS*
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A sleek jacket for both gym and street.



Day 1

Marathon-worthy: ultracomfy socks and a sports bra with pockets.

1 **Heroine Sport Training jacket** ($195, heroinesport.com).

2 **Lululemon Run Stuff Your Bra II** ($52, lululemon.com).

3 **Under Armour Play Up shorts** ($25, ua.com).

4 **ASICS Kayano Single Tab socks** ($14, asics.com).

Scan to get the gear! Download the free Love My *Shape* app and scan the page.

Photographs by JONATHON KAMBOURIS

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Day 2

→Swim, bike, and run in these multi-functional winners.

1 **Body Glove Vielha Paddle Suit** ($120, swimnsport.com).

2 **Beyond Yoga Essential Gathered leggings** ($77, beyondyoga.com).

3 **Under Armour Boho Cinch bag** ($45, ua.com).

4 **Casio Baby-G watch** ($99, baby-g.com).

5 **New Balance 1600 sneakers** ($110, newbalance.com).



Day 3

↓A crop top with thumbholes! Drawstring capris! Both mean less adjusting in dance class.

1 **Pheel Nifty Fifty top** ($62, pheel.com).

2 **Prismsport Marble New bra** ($52, prismsport.com).

3 **Impact by Jillian Michaels Ruched capris** ($22, kmart.com).

4 **Brooks Running PureConnect 4 sneakers** ($100, brooksrunning.com).



Black & white prints flatter everyone.

Day 5

↑A waist-cinching vest and patterned pants are perfect studio-to-street picks.

1 **Lorna Jane Jasmine bra** ($66, lornajane.com).

2 **Nike Gradient Running vest** ($110, nike.com).

3 **Lorna Jane Chromatic hat** ($30, lornajane.com).

4 **Onzie 202 capri leggings** ($56, onzie.com).





Day 4

←Sometimes a new, happy-hued outfit is all it takes to get you up and out for sunrise yoga.

1 **Sweaty Betty Sunrise tank** ($75, similar styles at sweatybetty.com).

2 **Teeki Love The Aventure leggings** ($72, teeki.com).

3 **Nike FS Lite Run 2 sneakers** ($75, kohls.com).

4 **Calvin Klein Performance Reversible Racerback bra** ($25, macys.com).

5 **Happy Plugs earbuds** ($30, happyplugs.com).

Styling by Jill Edwards/Halley Resources

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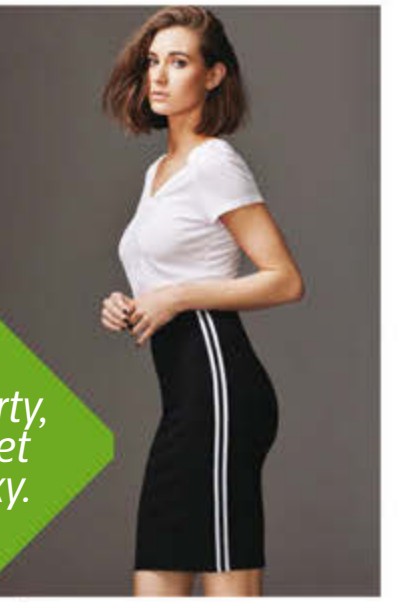
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Smythe leather jacket ($1,195, shoptwigs.com). **GapBody tank** ($15, gap.com). **Top right: Vince T-shirt** ($60, vince.com). **Forever 21 skirt** ($20, forever21.com). **Bottom right: Raoul top** ($160, neimanmarcus.com). **Milly skirt** ($295, Neiman Marcus).



Sporty, meet Sexy.

You in... racing stripes

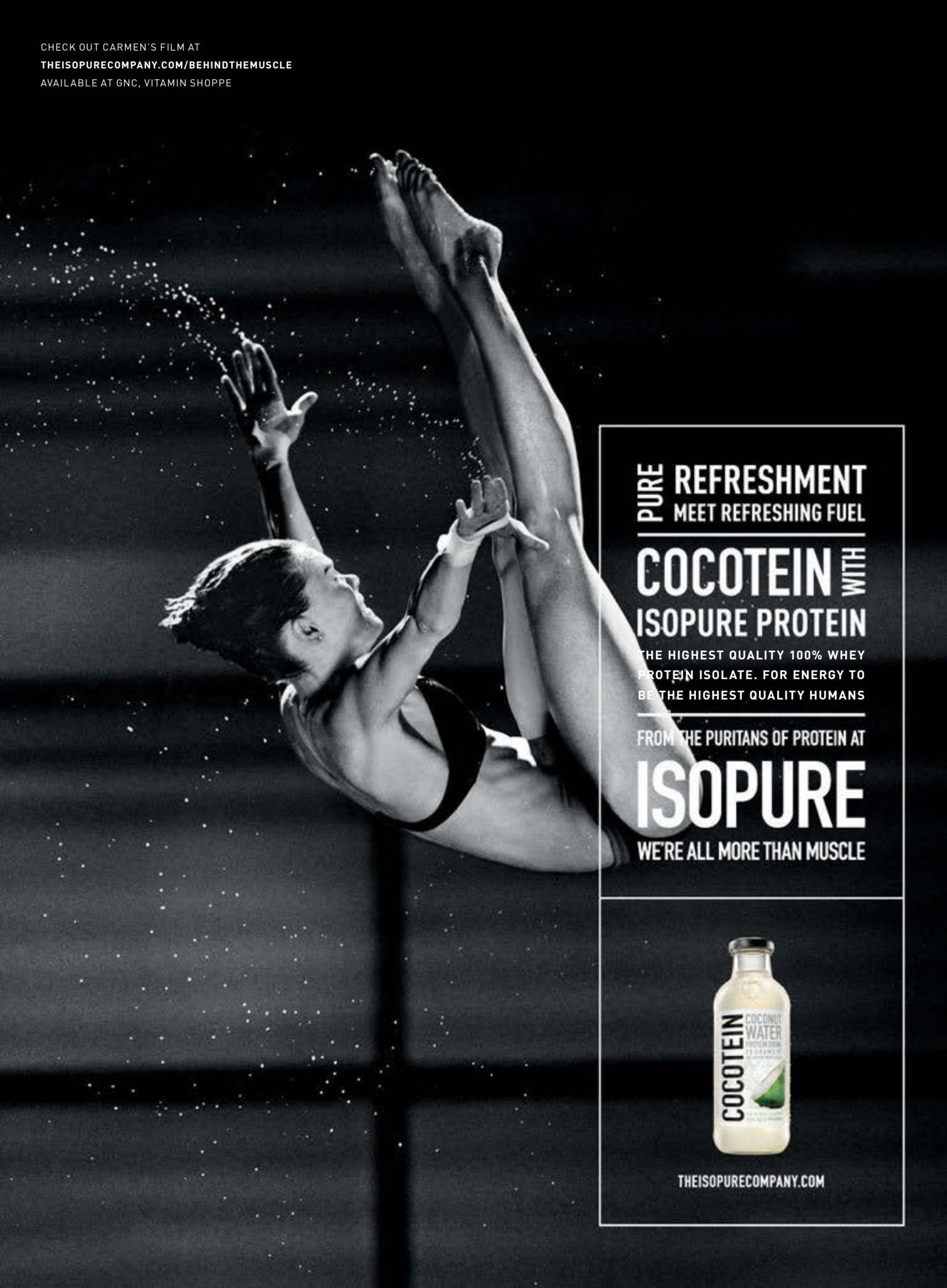
Nothing lengthens and defines your body better than this bold graphic.



Hair by Jason Murillo/Kate Ryan, Inc., using Oribe; makeup by Robert Greene/Kate Ryan, Inc., using Kevyn Aucoin; manicure by Maki Sakamoto/Kate Ryan, Inc., for Chanel Le Vernis

Photographs by SARAH KEHOE

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AVAILABLE AT GNC, VITAMIN SHOPPE



MASTER YOUR VERTICAL

This season, you'll see racing stripes on everything from sleek dresses to cropped trousers. To sport them right, pick one piece that features either a strong single line or a few thinner stripes. Those on a top stretch your torso; those on the bottom make your legs look lean and long. Downshift the rest of your outfit, pairing your stripes with simple solids (we chose white), to draw attention to the detail and, at the same time, avoid pattern overkill.



You can wear this to work!





Black stripes are magic. They smooth your shape and create insanely flattering curves.



Cynthia Rowley swimsuit ($210, cynthiarowley.com). **French Connection pants** ($138, Bloomingdale's). **Above: Design History tank** ($68, Bloomingdale's). **Topshop skirt** ($95, topshop .com). **Nine West heels** ($99, lordandtaylor.com). **Above left: Pam & Gela sweatshirt** ($135, pamandgela.com).



Above: Community for Aritzia dress ($75, aritzia.com). **Right: Solow x Daniella Clarke jacket** ($169, solowstyle .com). **Splendid tank** ($38, splendid.com). **Juicy Couture Black Label pants** ($158, juicy couture.com). **Reiss heels** ($295, reiss.com).


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Heidi Klum

The supermodel's famous catchphrase—"In the fashion world, one day you're in, the next day you're out"—clearly doesn't apply to her own look. By favoring a simple color palette of black, white, and blue, she keeps it classic and timeless—and makes her body the main focus.



GO ONE SHADE TOP TO TOE
All black or white on white: Either elongates you beautifully.







CLASSIC HUES BEG FOR CLASSIC ACCESSORIES
Solid pointy-toed pumps, aviators, and structured satchels keep to Heidi's sleek style.



DON'T BE TOO BUTTONED-UP
Whether wearing a full-on suit or a shirt and flares, showing skin on top adds a hit of sexiness. Bring in slim-fitting pants and you create a sense of legs for miles. Again, Heidi pulls off a perfect combo.



GET BUSY
Breaking up a matching jacket and pants with a patterned tee takes this outfit from stuffy to off-duty and relaxed.

Clockwise from top right: StarTraksPhoto (4); Getty Images (3)



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Look for us in the energy bar aisle.



Summer Getaway Essentials

They're as useful as they are stylish.

1 Pretty cover-up
It's so much easier to throw this lacy number over your suit than to knot up a sarong. **Miguelina dress** ($390, net-a-porter.com).

2 Raffia hat
A bold brim adds some glam to this sunny-day must. **Eugenia Kim hat** ($365, anthropologie.com).

3 Water-resistant speaker
Splash-proof, Bluetooth-equipped—and it has a USB port that lets you charge your phone. **Braven Lux speaker** ($99, braven.com).

4 Protective case
The soft knit fabric shields your tablet from scratchy sand. **Verloop tablet case** ($38, verloopknits.com).

5 Tough tote
Stash wet gear in this roomy, fully lined bag made from recycled boat sails. **Sea Bags tote** ($150, seabags.com).

6 Beach-friendly flatforms
Get the height of a heel without breaking an ankle as you navigate the sand dunes. **Teva sandals** ($50, teva.com).

7 One-piece wonder
Sport it at the pool, then wear it with jeans for sunset cocktails. **Mikoh swimsuit** ($208, mikoh.com).

Styling by Jill Edwards/Halley Resources

Photographs by JONATHON KAMBOURIS

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You can still look chic in the great outdoors. These game-changers prove it.

1 Tide teller
Setting up camp ocean-side? Check the tide for 270 beaches with this watch to avoid a washout. **Nixon watch** ($125, nixon.com).

2 Breathable anorak
Perforated mesh blocks the breeze but still keeps you cool while you paddle-board or hike. **K-Way jacket** ($105, k-way.ca).

3 Fancy utility belt
A.k.a. a fanny pack! Nothing compares for convenient, hands-free stuff stashing. **Rebecca Minkoff bag** ($195, rebeccaminkoff.com).

4 Roll-up blanket
Unfurl this beautiful hand-made mat for lounging by the campfire. **The Golden State Store blanket roll** ($60, 11main.com).

5 Metallic boat shoes
They're built for slippery docks but are just as appropriate with a sun-dress. **Sperry boat shoes** ($90, sperry.com).

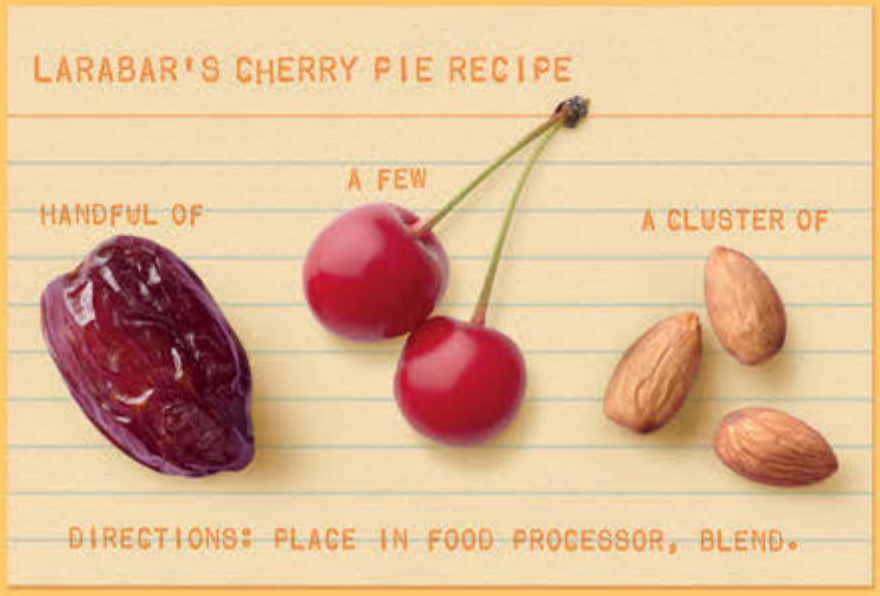
6 Cozy travel pants
Insanely comfy cash-mere sweats make even a cramped car ride feel sublime. **Chinti and Parker cashmere sweatpants** ($575, chintiandparker.com).

7 Sporty swimsuit
This bikini doubles as a low-impact sports bra, so you're covered for morning laps and major hikes. **L-Space by Monica Wise bikini** (top, $75, and bottom, $66, lspace.com).


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SCULPT YOUR BOOTY IN 5 MOVES

20 REASONS TO LOVE CROSSFIT

PRIME YOUR ARMS FOR TOUGH YOGA POSES

Work out better in the hot weather

Summer means time to take your routine outside. But these temps! Thrive in the heat with our cooling tricks and gear picks.

By GINA DEMILLO WAGNER



HAPPY TRAILS Grassy parks and tree-lined paths can help keep you from overheating under brutal sun.

Running on a 90-degree day may seem like self-inflicted torture. But it doesn't have to be, and the benefits are great—do it enough and it will make other workouts feel easier. "Athletes use exercising in the heat as a secret weapon, because it can improve their cardiovascular function, helping them perform better year-round," says Christopher Minson, Ph.D., the director of the Human Cardiovascular Control Lab at the University of Oregon. Minson studied this effect on cyclists and found that those who trained for 10 days in 100-degree temps rode faster with less perceived effort than those in a control group. Practice safe sweat with these tips and you'll actually enjoy a ride or a run in the sun.

Build tolerance

Immediately after you exercise in high temperatures, your body produces special protective proteins that go to work reducing inflammation and repairing cellular breakdown from dehydration and small muscle tears, making you stronger and more tolerant of heat and stress with every workout. The key is to acclimate yourself over time,

Photographs by MATT HAWTHORNE

Minson says: Spend a few days progressively increasing your heat exposure—work out in a warm room; sit in a hot tub or a sauna; wear an extra layer of clothing when exercising. Within a couple of weeks, your performance, blood volume, and lactate threshold (measures of how fit you are) will improve, Minson explains, and the heat won't feel as hot.

Ice down

The night before a run in the heat, freeze a full water bottle so you can carry it with you as you go. "Holding something cold helps you feel cooler," says ultra trail runner Adam Chase, the captain of Team Salomon, based in Boulder, Colorado. (If the ice feels too cold, slip something between your skin and the bottle.)

Shower *before* you go

"Precooling is a technique athletes use regularly," says George Havenith, Ph.D., an expert in human thermophysiology at Loughborough University in the U.K. By lowering your body temperature before you exercise, you can go longer before you begin to overheat. Take a 10-minute cold shower as close to go time as you can, Havenith suggests. The water should feel chilly but not so cold that you're shivering. Or wet and freeze a towel or a bandanna (or try the Chilly Sport Cooling Neck

"Holding something cold helps you feel cooler."



Band, page 88) to tie around your neck for a few minutes before you start out or to wear during your workout. Cooling this area of your body—as well as any other where there's increased blood flow to the skin, such as your head, underarms, wrists, and groin—can help keep your core temperature down.

Double your drinking

To make sure you're not dehydrated, drink eight to 12 ounces of H_2O before you even hit the road. If the air isn't very humid, try sipping hot water instead of cold, Minson suggests, because when hot beverages hit your tongue, nerve receptors send a cool-down signal to the brain. "Your brain is tricked into thinking you're hotter than you actually are, and it activates sweating, slightly cooling you," he says. (Do this 10 minutes before you head out the door.) On the go, drink eight ounces every 15 minutes—sticking to a schedule will keep you on top of your hydration—or 12 ounces if you're a heavy sweater. Switch to a drink with potassium and sodium (try Gatorade, or mix Glukos or Clif Shot Electrolyte Hydration powder into your water bottle) if you're going for longer than an hour, because your body loses those electrolytes through sweat.

Eat some carbs

According to researchers from the University of Castilla–La Mancha in Spain, your body burns more carbohydrates when you exercise in the heat. That's because your muscles require more energy (glycogen) to perform in hot weather. Eat a whole-grain bagel or a banana an hour beforehand and tote an energy gel for the road. Just hold off on the protein smoothie until post-workout: Protein requires more energy to metabolize, so consuming large amounts of it raises your body temperature.

Go off-road

If you have a choice between exercising on concrete or soft trails, choose dirt. "Dirt doesn't soak up the sun's heat like asphalt does, so your feet feel less steamy," notes Lisa Jhung, the author of *Trailhead: The Dirt on All Things Trail Running*. "Plus, trails often dip in and out of tree cover, providing natural shade on a hot day."

Wear a heart rate monitor

For hot-weather workouts, you want to keep your heart rate at or below 85 percent of your max, according to the American Heart Association. This is not the time to push your intensity, so check your heart rate monitor (like the Basis Peak, page 88). Minson even recommends staying at just 70 or 75 percent of your max. "Your heart rate tends to climb due to the heat, so you want to watch it," he says. "Plus, it's much slower to drop during recovery periods."

HEAT SMART

How can you tell when it's just too hot to hit the pavement? Before you go, check the forecast for the day's heat index—a combination of the air temperature and the level of humidity. (That's why a 90-degree day with 50 percent humidity actually feels like 95.) A heat index of 95 or above means you should consider keeping your workout indoors, because, according to experts, your risk for heat exhaustion or heat stroke is increased. Seek immediate medical help if you experience symptoms of heat illness, like dizziness, muscle cramps, headache, and nausea.

Page 85 and this page: Hair and makeup by Lisa Mortensen/Kim Dawson Agency; on-set styling by Kasha Pippin. H&M bra top. Lululemon shorts



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Keep your cool

These techy pieces can turn down your body temperature.

By SARA ANGLE

ARMOR
In this case, *more* fabric can make you feel less hot. Special yarn in the **ASICS Speed Chill Arm Sleeves** cools as it absorbs and evaporates sweat. ($30, asicsamerica.com)



BARELY THERE TANK
The **New Balance Graphic Tunic** is so light you'll feel naked but sun-safe, thanks to built-in UV protection. ($45, newbalance.com)



MAGIC BRA
The **Craft Cool Seamless Bra** uses braided threads for ventilation, reducing skin temperature by six degrees. ($60, craftsports.us)

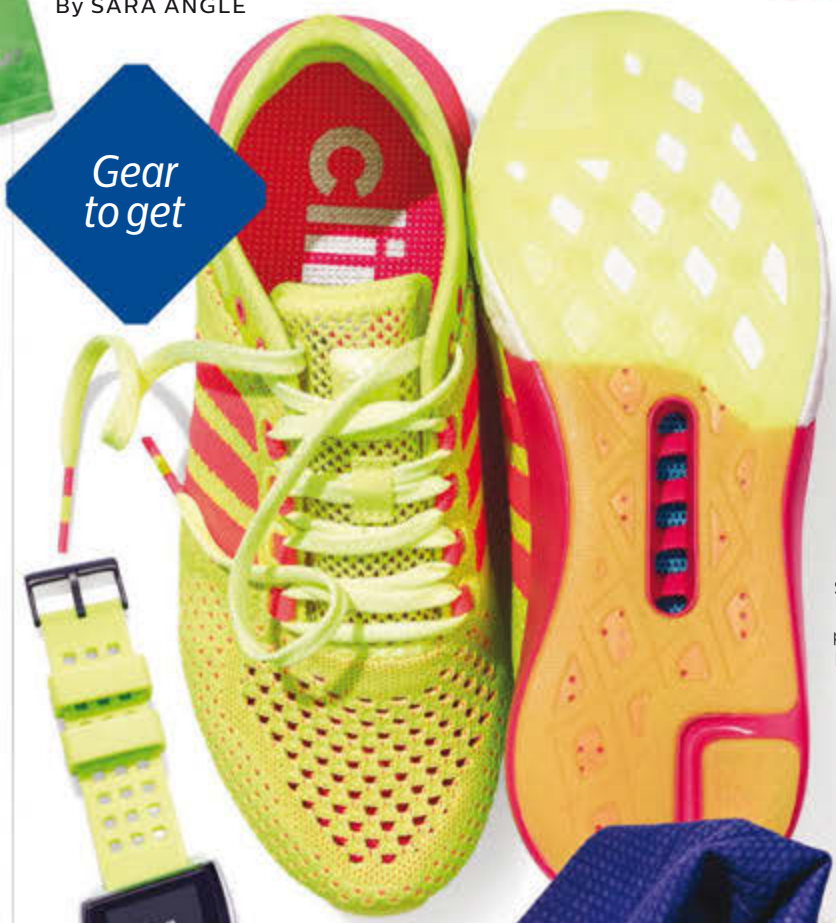


UN-HOT PANTS
Built-in briefs in the **Zoot Sports Run 101 Shorts** help keep you up to five degrees cooler, thanks to fabric and yarns that block infrared rays. ($40, zootsports.com)



SMART HAT
Tiny blue cooling dots line the inside of the **Mountain Hardwear Carinae Running Cap** to accelerate wicking when you start to sweat. Its UPF 50 fabric protects your head from the sun. ($30, mountainhardwear.com)

Gear to get



COOL SHOES
Hit the sizzling pavement with **Adidas Climachill Cosmic Boost Shoes**. The upper is made with special perforated fabric to help air circulate on top of your foot, and a ventilation panel in the midsole allows heat to escape below. ($140, adidas.com)

POWER WATCH
Easily track that your heart rate stays under 85 percent of your max with the **Basis Peak**. Special sensors monitor skin temperature and tell you how much you're sweating. ($200, mybasis.com)



SUMMER SCARF
Soak the spongy **Frogg Toggs Chilly Sport Cooling Neck Band** in cold water, wring it out, secure the slot, and take off on your run. The wrap's temperature will suddenly be 30 degrees cooler. ($10, froggtoggs.com)

Styling by Sarah Guido-Loakso/Holley Resources

Photographs by TRAVIS RATHBONE

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SUMMER SHAPE-UP SERIES

Phase 3: Perfect your bikini body

In just 10 little minutes, you'll work such magic on your abs, arms, butt, and thighs, we bet you'll make this your go-to routine all year round.

By JACLYN EMERICK

Photographs by CHRIS FANNING

get fit
do-anywhere workout

Scan to learn the moves! Download the free Love My *Shape* app and scan the page.

One word: *homestretch*. If you've been with us from the start of our three-month Summer Shape-Up plan, you've shed excess pounds and firmed all over. (If you're just joining us, jump in—you'll tighten up all the right spots.) The next four weeks will get you to your dream body by whipping the top trouble zones into shape.

We tapped Shaun T, the brains behind the fast-working Insanity fitness program, to be your trainer this month for sculpting summer-ready abs, arms, hips, and thighs. "Women tend to have a stubborn jiggle in their upper arms," he says, so he built in that dip-and-reach move (below) for rock-solid triceps. And the entire routine will flatten your belly. "Always engage your core and every move becomes an abs move," he explains. "Those muscles should be burning during push-ups, jumps, squats . . ."

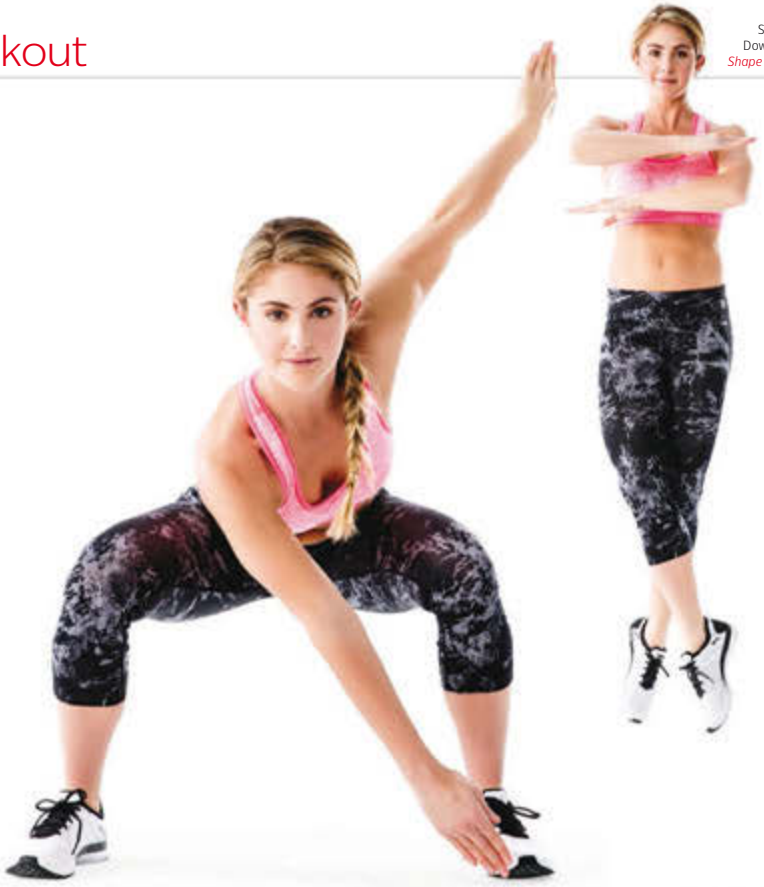
Better yet, all that super-firming takes only 10 minutes three times a week. "You don't have to work out for an hour to get in bikini shape," Shaun T says. "You can get lean and tight with a 10-minute routine. But every second of it has to count." To hit that intensity, give it everything you've got for 20-second stints as you work through these eight moves. So psych up, and let's bang it out.

YOUR PLAN

Do the first exercise all out for 20 seconds. Rest for 10 seconds. Repeat that combo. Do the same thing for the second, third, and fourth moves. Then rest for 1 minute. Repeat this structure for the next four moves. The total workout time is 10 minutes. If you're wiped, you've done enough. If you have some gas left in the tank, go for another round. Do this routine three times a week on alternate days.

YOU'LL NEED

A stopwatch or an app to keep the time. A mat is optional.



A/B←

1) SCISSORS-STANCE JACK

Works butt, quads, hamstrings, inner thighs

Stand with feet wider than shoulder width and arms by sides. Squat, reaching right fingertips to left foot and left arm back and up with palm facing in to start **[A]**. Jump, crossing right foot in front of left and swinging fingertips to chest level with elbows bent out to sides **[B]**. Land in start position with opposite arms. Switch sides; repeat. That's 1 rep. Continue alternating sides as quickly as you can for 20 seconds. Rest for 10 seconds. Repeat.



For Shaun T's latest transforming workout-and-diet program, check out ***Insanity Max:30*** ($120, beachbody.com).



A↓ B→

2) DIP AND REACH

Works triceps, abs, butt, hamstrings

Sit with knees bent, feet flat, palms pressing into floor with fingertips pointing forward. Press into palms (elbows bent back rather than out to sides) to lift butt a couple of inches off floor to start **[A]**. Straighten arms, extending and lifting left leg and reaching right fingertips to touch foot **[B]**. Lower to start position. Switch sides; repeat. That's 1 rep. Continue alternating sides as quickly as you can for 20 seconds. Rest for 10 seconds. Repeat.



Hair by Casey Geren/ABTP.com for Oribe; makeup by Jessi Butterfield/Exclusive Artists Management for Colour Pop Cosmetics. Puma sneakers



Sometimes Mom and Dad need a playdate too. But being intimate after kids isn't always as easy as it was before. Many new moms produce less estrogen after childbirth, which causes lack of moisture.

K-Y®, the #1 doctor recommended brand, offers a range of personal lubricants that enhance your body's natural moisture so that you can feel like yourself again. And when you feel like yourself again, he feels it too.

And for parents looking for an extra little spark to bring more play to their playdates, there's **K-Y LOVE**. It's a line of couples pleasure gels that magnifies each partner's sensation, leaving you feeling intimately closer inside the bedroom and out.



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A/B→
3) GENIE TUCK JUMP
Works butt, quads, hamstrings, calves

Stand with feet together, arms at chest height with right forearm on top of left with elbows bent out to sides. Squat **[A]** to start. Jump as high as you can, tucking knees toward chest **[B]**. Land in start position. That's 1 rep. Continue as quickly as you can for 20 seconds. Rest for 10 seconds. Repeat.



"Do the absolute best you can do, then take a break. It's that simple."
—Shaun T

Calvin Klein Performance sports bra and capri leggings ($25 and $49, macys.com).



A/B←
4) DIAMOND BACK
Works back, abs, butt

Lie facedown with legs long and elbows bent slightly, fingertips touching and palms facing down. Lift arms, chest, and thighs off floor to start **[A]**. Rotate torso toward left, drawing left elbow toward side and looking back toward elbow **[B]**. Return to start position. Switch sides; repeat. That's 1 rep. Continue alternating sides as quickly as you can for 20 seconds. Rest for 10 seconds. Repeat.

REST 1 MINUTE

A/B→
5) OBLIQUE KNEE TAP
Works shoulders, abs, obliques, butt

Start in side plank on right forearm with feet stacked and left elbow bent out to side with palm facing toward feet **[A]**. Draw left knee up to meet left palm **[B]**. Return to start position. That's 1 rep. Continue quickly for 20 seconds. Rest for 10 seconds. Switch sides; repeat.





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A/B→

6) PIKE-UP SPIDER LUNGE

Works shoulders, abs, butt, hamstrings

Start in plank on palms. Pull hips up and back so body forms an inverted V (pike position) **[A]**. Return to plank, stepping left foot up to outside of left hand **[B]**. Step foot back and immediately pull hips up and back to pike. Switch sides; repeat. That's 1 rep. Continue alternating sides as quickly as you can for 20 seconds. Rest for 10 seconds. Repeat.



←A/B/C

7) SQUAT LUNGE

Works butt, quads, hamstrings, calves

Stand with feet hip-width apart and arms by sides. Squat, curling fists toward chest with palms facing each other and elbows bent by sides to start **[A]**. Keeping arms fixed, jump into a reverse lunge with left leg back **[B]**, landing with both legs bent 90 degrees **[C]**. Jump back to start position. Switch sides; repeat. That's 1 rep. Continue alternating sides as quickly as you can for 20 seconds. Rest for 10 seconds. Repeat.

8) SWITCH-KICK PUNCH

Works abs, butt, quads, hamstrings

Lie faceup with legs long and hands in fists at chest. Curl head and shoulders up and lift legs to hover above floor to start. Lift left leg straight up, punching right arm toward foot **[shown]**. Lower to start position. Switch sides; repeat. That's 1 rep. Continue alternating sides as quickly as you can for 20 seconds. Rest for 10 seconds. Repeat.



GET THIS WORKOUT ON YOUR IPAD

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30-minute express workout

Swim your way slim

Do these sculptors between laps to burn 300 calories fast and emerge a little leaner.

By GINA DEMILLO WAGNER

Can you swim the length of a pool? That's the only water skill you need to fry fat with Crosswim. This new circuit workout alternates fast freestyle (or your favorite stroke) for one pool length with 30-second bursts of body-weight moves in the water or on the deck. "The sprints are just 25 yards, so you don't have to be a great swimmer to do this routine," says coach Jonny Tunstall, the creator of Crosswim. By trading steady laps for this HIIT approach, your pool-time payoff doubles, with more muscles toned and a bigger afterburn. Research in the *Journal of Applied Physiology* showed that women can boost their fat-burning rate by 36 percent after just seven HIIT sessions. (The higher intensity stokes your body to produce more mitochondria, the fat-burning furnaces of your cells.) Find a pool and you have all you need to dive in—no dumbbells or, gasp, foam noodles required. "This isn't your grandma's aqua aerobics class," Tunstall warns.



Photograph by Dustin Snipes



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LYTE UP YOUR WORKOUT

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express workout

INTENSITY
Hard (RPE:* Shoot for an 8 or a 9 out of 10.)

TOTAL TIME
30 minutes

YOU'LL NEED
A built-for-action swimsuit (or a sports bra and formfitting workout shorts) and a pool

HOW IT WORKS
Complete the workout twice for a 30-minute session that torches 300 calories. Beginners, go through the workout once for a 15-minute taste, then work your way up. As you do the body-weight exercises, go as fast as you can while maintaining good form. "The average person can do 10 push-ups in 30 seconds, for instance," Tunstall says. "But as long as you work at a level that's intense for you, you'll get an amazing workout."

CALORIES BURNED
300**

Part 1 CROSSWIM SET

Go hard, then recover with equal work-to-rest ratios.

START HERE

Burpees: 30 sec
Crouch, plant your hands on the pool deck, and jump feet back to a plank. Lower your body all the way to the floor, push back up, jump feet to hands, then jump up.

Rest: 30 sec

Sprint 25
The length of most standard pools is 25 yards. Swim one length as fast as you can, using any stroke you like. If your pool is nonstandard, just swim fast for 30 seconds.

Rest: 30 sec

Push-ups: 30 sec

Rest: 30 sec

Sprint 25

Rest: 30 sec

Squats: 30 sec

Rest: 30 sec

Sprint 25

Rest: 30 sec

Wall kicks:* 30 sec

Rest: 30 sec

Sprint 25

Rest: 30 sec

Part 2 POWER SET

Lose some rest intervals to fire up your burn and finish strong.

Mountain climbers: 20 reps
Start in a plank on your palms. Alternating legs, pull one knee toward your chest and then push it back as quickly as possible.

Sprint 25

Push-outs:* 5 reps

Sprint 25

Tuck jumps:* 5 reps

Rest: 30 sec

Mountain climbers: 20 reps

Sprint 25

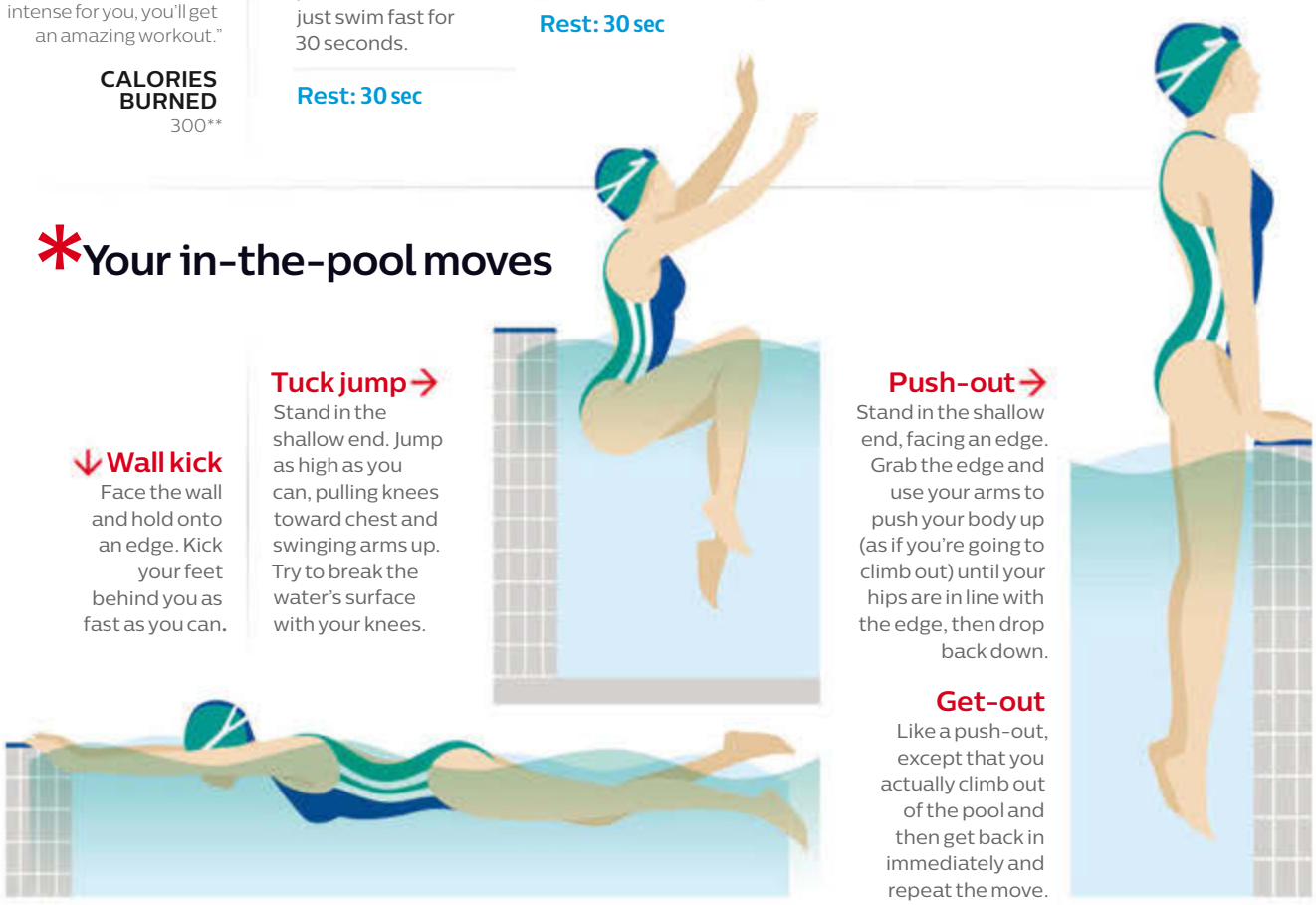
Get-outs:* 5 reps

Sprint 25

Tuck jumps:* 5 reps

Rest 1½ minutes, then do the whole thing again.

*Your in-the-pool moves



Wall kick
Face the wall and hold onto an edge. Kick your feet behind you as fast as you can.

Tuck jump
Stand in the shallow end. Jump as high as you can, pulling knees toward chest and swinging arms up. Try to break the water's surface with your knees.

Push-out
Stand in the shallow end, facing an edge. Grab the edge and use your arms to push your body up (as if you're going to climb out) until your hips are in line with the edge, then drop back down.

Get-out
Like a push-out, except that you actually climb out of the pool and then get back in immediately and repeat the move.

*Rate of perceived exertion; see page 222 for chart. **Calorie burn is based on a 140-pound woman.

Illustrations by PAUL OAKLEY

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Shape Fitness Director Jaclyn Emerick

"I wore this watch 24/7 for six weeks at everything from CrossFit to yoga—whatever my workout was—and found it most useful on outdoor runs."



"I heard that cardio suppresses your immune system. What?!"

—Molly Lynch, 24, Washington, D.C.

Actually, 20 to 60 minutes of jogging or other moderate cardio will *build* your immune system. "Aerobic exercise can increase antibodies that neutralize pathogens, such as bacteria and viruses," says Amanda Stevens, M.D., an internist (and Ironman competitor) in Cave Creek, Arizona. But the tough stuff, like 90-plus-minute endurance workouts and hourlong sprint-based sessions, can temporarily sap your immunity. "It sparks the body to produce stress-related hormones that significantly reduce the effectiveness of immune cells," Dr. Stevens says. How long your defenses stay sluggish depends on how close you are to maxed out (anywhere from three days to a couple of weeks—the latter for a feat like running a marathon). Anyone will tell you not to do long-distance runs or HIIT on back-to-back days. (See the Q below.) The key: Balance them with easier sessions, which makes your immune system stronger over the long haul.

"What counts as a recovery day? I don't want to do nothing!"

—Sarah Cunningham, 23, Sherwood, Oregon

You can do moderate exercise—a light hike, an easy jog, basic yoga—every day without short-circuiting your body's repair process. In fact, experts recommend this. But it gets trickier when you up your intensity. If you strength-train, you need to rest those just-worked parts for 48 hours—or 72 hours for really tough weight-lifting sessions—so they have time to repair and rebuild between bouts. Same goes for high-intensity training, like Tabata and CrossFit, which require that you repeatedly push yourself to 90 percent of your maximum: Take it easy for a day or two after. "These sessions are more taxing to the body, so it takes longer to recover from them," explains Jonathan Mike, Ph.D., an exercise scientist and strength coach at the University of New Mexico. If you don't want to couch-sit, recover with yoga or light cardio, keeping the intensity low and steady for 20 minutes to an hour, Mike says. And hit the sack for eight hours nightly to really let your body do its patch-up work.



Jac tries . . .

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You'll automatically earn exercise credit (in the form of minutes toward your daily goal) *whenever* you deserve it, even dashing to the bus, giving you a better idea of how much you're really doing.
(From $349, store.apple.com)

Shape's fitness director, **Jaclyn Emerick**, is also a certified personal trainer, a Spinning instructor, a kettlebell instructor, and a sports-and-exercise nutrition coach. Tweet **@shape_magazine** and **@jaclyn emerick** with **#fitq** for a chance to get your question answered in an upcoming issue.

Clockwise from top: Photograph by Chris Fanning. Photograph by www.apple.com. Photograph by Justin Steele

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6 workout-ready looks

Sweat-proof your hair

These chic styles are designed to stand up to whatever routines you do.

By SARA ANGLE



1 | Swimming

You need: Hair you can slide a swim cap over, without getting a funky cone-head bump.

The perfect style: Tucked-up braids, say Lumi and Liri Pelinku, hair stylists for Paul Labrecque Salon and Spa in New York City. Divide hair down the middle. Create two low braids at the base of your neck; secure each with an elastic. Grab the end of the right braid, pull it across the back of your head, secure it with pins near your left ear. Repeat on the other side, crossing the left braid over the right.

Hair by Rodney Groves/Ray Brown Pro for Oribe Haircare; makeup by Yacine Diallo/DeFacto for Diorskin Nude; manicure by Kayo Higuchi/DeFacto for Dior Vernis. This page: Miraclesuit Swimsuit. Page 110, clockwise from top right: Alo Yoga bra. Lorna Jane tank top. Lululemon tank top. Reebok bra and tank top. Sweaty Betty T-shirt

Photographs by ALEXANDRE WEINBERGER

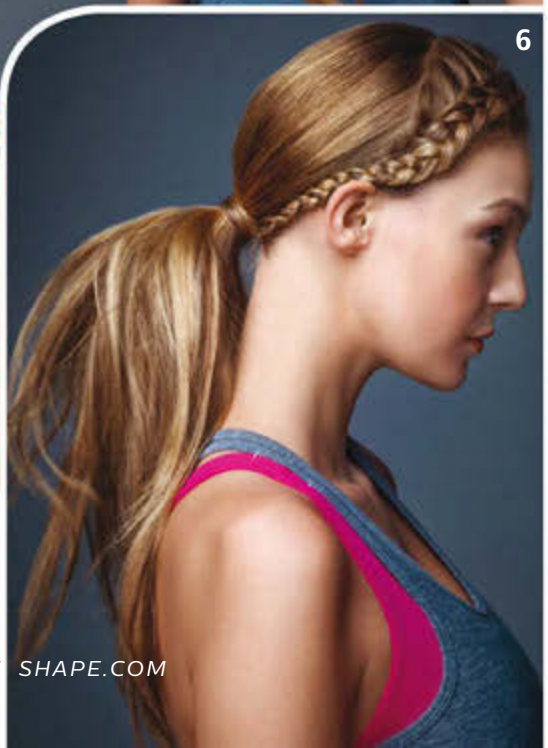

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2 | Yoga

You need: Hair that hangs tight during inversions and that provides a ponytail-free spot to lie back on for savasanas (so your neck stays in alignment).
The perfect style: Fishtail pigtails, says Jay Jackson, a senior stylist for DreamDry NYC. Divide hair down the middle; clip one side out of the way. Split the loose section in half. Take a half-inch-thick bunch of strands from the outside of the left half and cross it over the remaining strands in left half to pinch it in with the right half. Repeat on the other side. Continue this all the way down. Secure with an elastic. Repeat on the other half.



3 | Dance Cardio

You need: A style that keeps strands from sticking to your sweaty face but that you can still whip around.
The perfect style: A half-up topsy tail, Lumi and Liri Pelinku say. Pull top half of hair into a ponytail. Divide hair that's above the elastic in half and loosen the band by pulling the pieces apart slightly. With one hand separating the sections, take the end of your ponytail in the other hand and loop it through the separated section. Pull and tighten it.



4 | Cycling

You need: Something that fits under a helmet but keeps your neck cool.
The perfect style: Twisted minibuns, Lumi and Liri Pelinku say. Divide hair down the middle. Twist hair on one side at the base of your neck until it starts to naturally form a roll. Twist rolled section until hair is in a tight bun, and secure with an elastic. Repeat on opposite side.



5 | CrossFit

You need: Slick and secure hair that won't fall out during tough moves like double-unders and kettlebell swings.
The perfect style: A bunched pony, says Josie Nevarez, a stylist for the Maxine Salon in Chicago. Secure hair tightly in a high ponytail. Add a smaller elastic a few inches below the base. Slightly bunch hair in the section. Continue adding elastics two inches apart and bunching hair until you reach the end.



6 | Running

You need: To keep strands out of your face without constant adjusting.
The perfect style: A braided headband, Nevarez says. Create a part horizontally from ear to ear to form a two-inch section of strands. Pull the rest into a ponytail. Then, create a sideways French braid: Grab a small section above one ear and divide it into three pieces. As you braid over the crown of your head, add in outside strands to each piece every time you weave it. Continue until you reach the opposite ear. Secure with an elastic and tuck into the ponytail.

Illustrations by PAUL OAKLEY



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ZEN IN
Focus on the new terrain and you're more likely to forget about the to-do list that's waiting for you back home.

Take a play-cation

Add a little active fun to your itinerary and you'll return home stronger, leaner, and totally calm.

By CAITLIN CARLSON

If the mention of adventure travel makes you flash to episodes of *Survivor*, take another look at the booming vacation trend, which runs the gamut from mild to wild. And with one-third of people reporting they always gain weight on vacation, according to TripAdvisor, building in some action at your destination could save you from becoming another statistic. Pick a paradise where you can hike, take a surf lesson, or see what rock climbing is all about. The benefits abound.

Your body moves better

"You're at ease on vacation, so your muscles are more relaxed—especially those in the shoulders and lower back—and you breathe easier," says Paul J. Arciero, Ph.D., a professor of health and exercise sciences at Skidmore College. That adds up to moving more fluidly, Arciero says, putting you in

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CAN DO *energy*



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prime condition for taking on a big day of action.

You tap forgotten muscles
With an unfamiliar physical activity, you have to work harder to keep up with the challenges, burning more calories and firming more muscle fibers, Arciero says. "If you're a runner, you engage in a linear movement pattern, but when you're climbing, waterskiing, or surfing, you're moving outside that pathway—and that's really valuable to take home, because life happens in more than one plane of motion."

You'll find your happy place
Hit one of the "blue zones"—the five areas in the world (including the adventure-friendly Caribbean and Mediterranean regions) where people live the longest, happiest lives—and you'll get to experience the active lifestyle responsible for their bliss. "When you see exercise as an enjoyable part of life rather than something you need to check off, you do more of it and get more feel-good, life-extending benefits because of it," says Kelli Ricco, the wellness and fitness coordinator for the Four Seasons Resort Costa Rica, which has incorporated activities such as climbing, stand-up paddling, mountain biking, and zip-lining into its wellness program.

You'll return refreshed
"An adventure trip requires intense focus on the adventure itself," explains Art Markman, Ph.D., a psychology professor at the University of Texas and the author of *Smart Thinking*. "That immersive experience provides psychological distance from the daily stresses of life, so you're able to really, deeply relax."

"Try a new activity early in your trip. That way, if you end up falling in love, you can always add more of it to your agenda," Markman says.

54%

PORTION OF TRAVELERS WHO SAY THEY PLAN TO PARTICIPATE IN ADVENTURE ACTIVITIES ON THEIR NEXT JAUNT.

SOURCE: The George Washington University *Adventure Tourism Market Study 2013*



MAKE WAVES
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Photograph by GableDenims/500px



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Z150294 3/15





EXPLORE YOUR POTENTIAL
"Taking an adventurous vacation that promotes exercise can be the jump start that gets you moving more often," Kelli Ricco says. Consider it a valuable souvenir.

Seven pulse-quickening trips that will inspire you to get out there

Scuba—and save coral reefs—in Bonaire ↑

Take a guided dive with Great Adventures Bonaire at Harbour Village Resort to the man-made nurseries of elkhorn and staghorn coral off the coast of this gorgeous Caribbean Island. You'll learn how to scuba dive, then use those skills to help you graft small sections of coral (called coral babies), which will ultimately be transplanted to replenish reef systems.
(From $295 per night, dive not included, harbourvillage.com)

Learn to surf in Hawaii

Stay in the camp house at Surf Hawaii's Surf School on the north shore of Oahu or rent a beachfront cottage. Either way, you'll get your fill of surf lessons from experts, as well as yoga, hiking, and whale watching.
($1,895 for one week, surfhawaii4u.com)

Backpack in the Grand Canyon

This four-day backpacking trek, led by the pros at REI's Outdoor Adventures, takes you from the South Rim to the canyon floor.
(From $775 per person, April through mid-October, rei.com/adventures)

Explore the surf and turf of Costa Rica

Do intervals of relaxing beach lounging and energizing stand-up paddling and kayaking, or spend a day rappelling or mountain biking with the Four Seasons wellness program. Don't worry about getting a little sore—the spa can help take care of that and more.
(From $475 per night, some adventure activities separate, fourseasons.com/costarica)



Rock climb in Mount Zion National Park ↑

After a daylong intro course, spend the rest of your trip exploring fun routes with the savvy instructors from Zion Rock & Mountain Guides.
(From $130 per day, zionrockguides.com)

Kayak and hike in Greenland

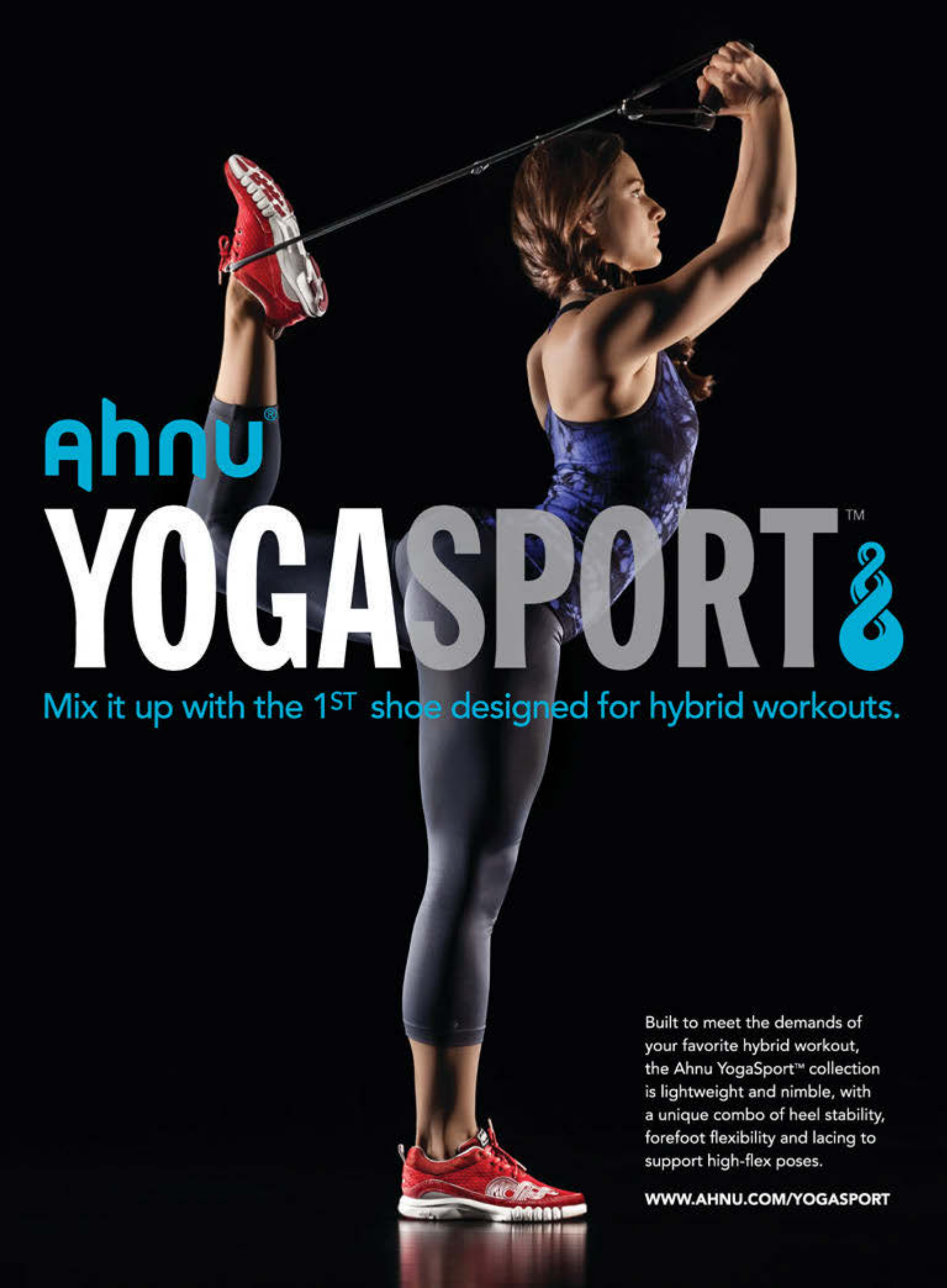
Work up an appetite with nine exciting days of kayaking, hiking, and whale watching at the Natural Habitat Base Camp. The camp chef will have gourmet meals waiting for you at home base.
($8,995 per person, nine-day trips from August through September, nathab.com)



Stand-up paddleboard and more in Saint Lucia ↑

Mountain biking, scuba diving, and water sports—plus archery, golf, tennis, and tai chi—are among some of the activities offered at the aptly named BodyHoliday resort. (You can also participate in a "quadrathlon," in which you bike, run, rappel, and kayak.) Everything is included at this amped-up retreat, including daily spa services and gourmet meals.
(From $1,000 per night, thebodyholiday.com)

Clockwise from top right: Photograph by Offset. Photograph by Getty Images. Photograph by Gallery Stock


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Like running on . . . gelly

Most running sneakers are going through a low-foam phase or a fat-foam phase, but now one new model is going through a gel phase. The designers of the bold new **ASICS Gel Quantum 360** chose gel to fill 22 pockets lining the bottom because the dense substance absorbs and diffuses shock better than foam. "That's key to staying injury-free, because when you run, you hit the ground with a force of 2.5 times your body weight," explains Tom Garza, a shoe guru for ASICS America. ($170, asicsamerica.com)



JULY'S **HOTTEST** WORKOUT SONG

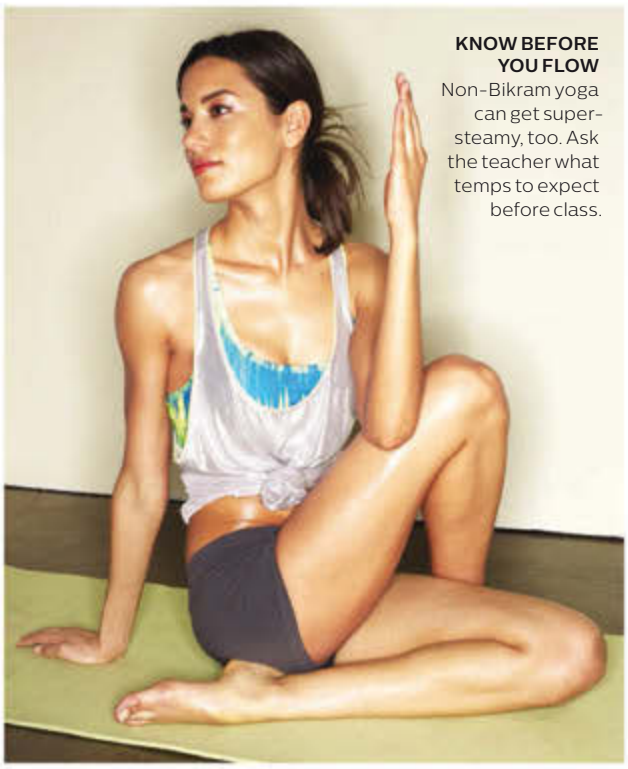
Britney Spears and Iggy Azalea's

"Pretty Girls"

Go to **shape.com/julymix** for a full playlist by Spotify.

Is Bikram yoga too hot to handle?

Maybe for some, suggests the latest study from the American Council on Exercise. Researchers monitored experienced Bikram yogis while they performed the formal series of 26 poses for 90 minutes in a room heated to the typical 105 degrees with 40 percent humidity. "Usually your body's core temperature will increase a degree or two during exercise, but **we saw core temperatures of up to 104.1**," says physiologist John Porcari, Ph.D., the lead study author. Because the Bikram environment is hotter than your body's usual 98.6 degrees, you actually absorb heat, plus the high humidity prevents sweat from evaporating from your skin, derailing the body's cooling mechanism. The resulting rise in your body temperature can lead to light-headedness, dizziness, and nausea—the symptoms of heat sickness, Porcari explains. If you feel any of these, leave the studio (don't worry if the instructor says not to), lie down, and raise your feet. But you don't have to give up your Bikram practice just yet. Heed these signs of overheating and drink water before, during, and after class.



KNOW BEFORE YOU FLOW
Non-Bikram yoga can get super-steamy, too. Ask the teacher what temps to expect before class.

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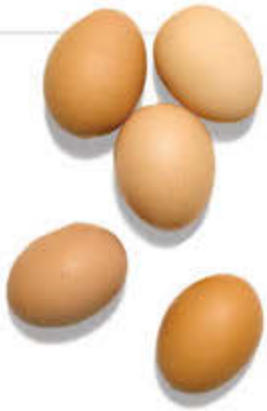
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A better fix for exercise aches

Before you pop a painkiller, consider this: Findings from Brazilian researchers suggest that it will hurt your workout. While NSAIDs (like aspirin and ibuprofen) reduce postworkout inflammation, scientists note that they can irritate your gastrointestinal tract's lining, especially in combination with exercise—this raises the odds for stomach upsets and cramps that could sideline you midsession. "Instead, drink lots of water before and after a workout," says Lyla Blake-Gumbs, M.D., an integrative medicine specialist at the Cleveland Clinic. "This helps your body recover and fends off dehydration, which can lead to fatigue and muscle soreness." Foam-rolling muscles after a tough workout can also ease achiness.

HAPPY MEALS FOR MUSCLES



Scientists have discovered the perfect postworkout dish for strong muscles: eggs. Scramble five egg whites and you're close to the 23 grams of protein and the 5 grams of the amino acid leucine that were found to rebuild—and build—muscle fibers best, a new study in *Medicine & Science in Sports & Exercise* revealed. (If eggs aren't your thing, other leucine-rich options include tuna and whey protein.) Have them with a side of rice, suggests sports dietitian Marni Sumbal, R.D.N., to also replenish glycogen (your muscles' energy supply) and to "help the leucine reach the muscles more quickly."

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When slow is the way to go

It's OK to be madly in love with HIIT, but easing up on your intensity once or twice a week has three positive results.

Your hunger stays in check. Steadier sessions may reduce your appetite: After moderate cardio, exercisers showed less brain activity when looking at food, which may translate into being less interested in eating, researchers at Brigham Young University found. In a separate study, women ate 59 fewer calories at lunch after a lower-intensity workout than after a HIIT routine, according to findings in the *American Journal of Clinical Nutrition*.

You'll build lean muscle. "Slowly lowering a weight during the down part of a move (called eccentric training) can increase muscle growth because muscles are under tension for longer, which helps to build them up faster," says Jeff Schultz, the director of training at Pinnacle Sports in Vernon Hills, Illinois. **Try it:** Lift the weight for two counts; lower it for four.

It keeps you on track. "Research shows that people adhere better to moderate-intensity exercise than to high-intensity," says Michelle Segar, Ph.D., the author of *No Sweat: How the Simple Science of Motivation Can Bring You a Lifetime of Fitness*. So mix it up a bit.

Photograph by Matt Hawthorne. Hair and makeup by Lisa Martensen/Kim Dawson Agency; on-set styling by Kasha Pippin

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SAMPLE CROSSFIT OUT OF THE "BOX"

Now you can experience CrossFit's butt-kicking curriculum at your regular workout spot. National gym chains 24 Hour Fitness and Life Time Fitness both have unveiled their spins on the popular sweatfest, including the telltale sprints and Olympic lifts (don't worry—you do them only when they feel you're ready!). Also, New York Sports Clubs (which owns Boston, Philadelphia, and Washington Sports Clubs) now houses slam balls, bumper plates, and weighted sleds in special training zones. This means you can do a WOD and yoga in the same spot—genius.

45° The optimal angle to set the seat back of your weight bench if you want to maximize the amount of muscle firmed in your upper chest during a dumbbell bench press

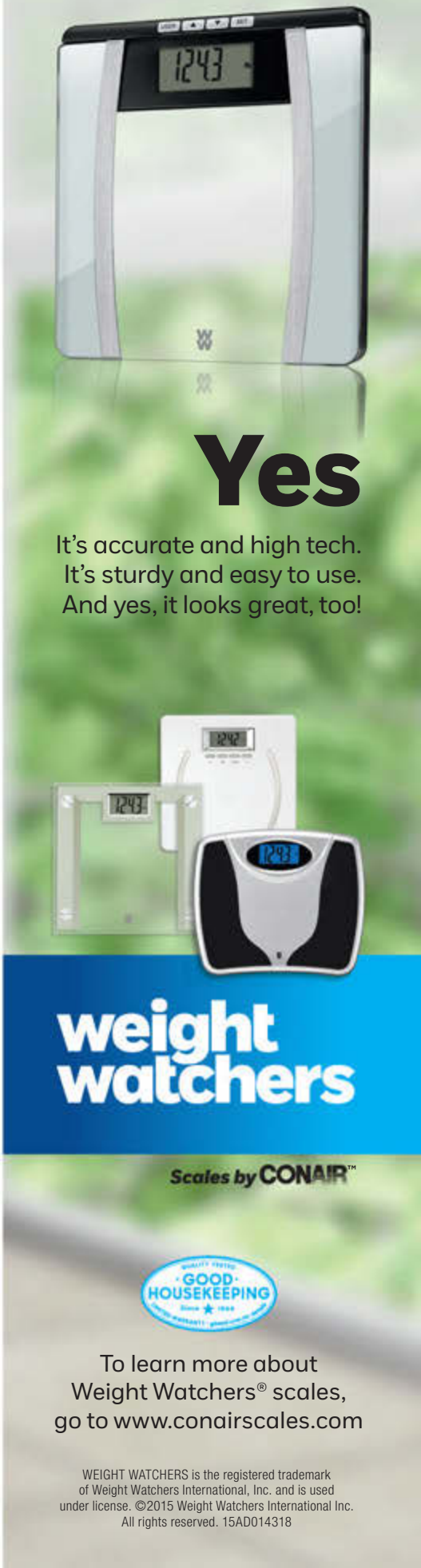
SOURCE: *European Journal of Sport Science*



Tote, tote, tote your boat

This sleek **Oru Bay+ Kayak** unfolds from box to boat in less than five minutes. At 26 pounds, it's made from a single sheet of corrugated plastic that can be origamied into a sturdy 12-foot kayak and then put into its accompanying 34-by-14-by-29-inch backpack. Slide your two-piece paddle into the pack's mesh pockets and stow it under your bed—you're good to row anytime. ($1,575, orukayak.com)

Top: Photograph by Laura Borisonzi/TheLicensingProject.com





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Chills and thrills

The new star of your summer meals is frozen solid.

By REBECCA MILLER FFRENCH

Chefs are finding that slow-melting frozen flavor is one of the best ways to infuse soups, salads, sides, and desserts with a pop of savory or sweet. The technique is easy to master—try one of these five simple, sophisticated ideas that prove ice deserves a place on your summer menu beyond the rainbow snow cone.

Frozen herbs add nutrients and flavor.

Fruit Salad With Basil Ice Chips

Serves: *6*

Prep time: *15 minutes*

Total time: *3 hours 10 minutes*

- 1 cup lemonade
- ½ cup fresh basil leaves, chopped, plus a few whole leaves
- ½ small watermelon, seeded and cubed
- 4 kiwi, peeled, halved, and sliced crosswise
- ½ pint blueberries
- 2 peaches, peeled, pitted, and sliced

1 In a 9-by-13-inch baking pan, pour a very thin layer (about ⅛ inch thick) of lemonade. Add whole basil leaves, laying them flat, and sprinkle chopped basil evenly over pan.

2 Place pan on a level surface in the freezer, double-checking that basil leaves are evenly distributed. Freeze until solid, about 3 hours.

3 Meanwhile, mix together watermelon, kiwi, blueberries, and peaches and divide among six bowls. Remove tray from freezer and, using a knife, gently pry ice sheet up, breaking it into shards. Place basil ice chips vertically in each fruit bowl and serve immediately.

***Nutrition score per serving**: 114 calories, 1 g fat (0 g saturated), 28 g carbs, 2 g protein, 3 g fiber, 5 mg sodium*

Photographs by TRAVIS RATHBONE

Rosemary–Beet Granita With Oranges and Greens

Serves: *6*

Prep time: *20 minutes*

Total time: *5 hours*

- 1½ pounds beets, peeled and cut into chunks (about 4 cups, loosely packed)
- ¾ cup orange juice
- 3 tablespoons honey
- 3 teaspoons fresh rosemary leaves
- 3 large oranges
- 2 ounces microgreens

1 To a medium saucepan, add beets and cover with water. Bring to a boil and simmer for 15 to 20 minutes or until tender; drain.

2 In a blender or a food processor, combine cooked beets, orange juice, honey, and rosemary leaves. Blend until smooth; set aside to cool.

3 With a spatula, spread cooled mixture evenly in a 7-by-11–inch baking pan. Place pan in the freezer on a level surface for 45 minutes. Use a fork to scrape mixture from the sides and stir, incorporating icy sides into the center; return to freezer. Repeat every 45 minutes or until completely frozen, about 4 hours.

4 Peel oranges, remove pith, and cut out each section; remove seeds. Arrange orange wedges and microgreens decoratively on six salad plates. With an ice-cream scoop, top each salad with two or three scoops of granita.

Nutrition score per serving: *118 calories, 1 g fat (0 g saturated), 29 g carbs, 2 g protein, 4 g fiber, 73 mg sodium*





Chilled Carrot Soup With Sweet Pea Cubes

Serves: *4*

Prep time: *20 minutes*

Total time: *3 hours*

- 1 cup low-fat buttermilk
- ½ cup frozen sweet peas
- 2 tablespoons extra-virgin olive oil
- 2 medium shallots, thinly sliced
- 2 pounds carrots, peeled and sliced into 1-inch rounds
- 2 teaspoons ground cumin
- 1 teaspoon ground coriander
- 2½ cups vegetable stock
- 1½ cups carrot juice
- 2 teaspoons lemon juice
- 1 teaspoon freshly grated ginger
- ½ teaspoon kosher salt
- Pea shoots for garnish
- Freshly ground black pepper

1 In a blender, mix buttermilk and peas; process until smooth. Fill each section of an ice cube tray or a mini-muffin pan halfway with mixture. Freeze until solid, 1 to 2 hours.

2 In a 3-quart saucepan, heat oil over medium high. Add shallots and sauté for 5 minutes or until softened. Add carrots and stir to combine. Sprinkle with cumin and coriander and stir to coat. Add stock and bring to a boil; reduce heat. Simmer for 25 to 30 minutes or until carrots are softened.

3 Carefully transfer mixture to a blender. Add carrot juice, lemon juice, ginger, and salt and blend until smooth. Allow to cool slightly, then refrigerate until completely chilled.

4 Remove soup from refrigerator 10 minutes before serving. Divide, with cubes, among four soup bowls, garnish with pea shoots, and season with pepper.

Nutrition score per serving: *254 calories, 8 g fat (1.5 g saturated), 41 g carbs, 7 g protein, 9 g fiber, 774 mg sodium*

Food styling by Matt Vohr/Hatley Resources; prop styling by Sarah Guido-Laakso/Hatley Resources

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Mint-Matcha Shave Ice

Serves: *4*

Prep time: *10 minutes*

Total time: *1 hour*

- 1½ cups water
- ⅓ cup granulated sugar
- ½ cup fresh mint leaves, coarsely chopped, plus more whole leaves for garnish (optional)
- 2 teaspoons matcha green-tea powder
- 4 cups ice
- ¼ cup mini semi-sweet chocolate chips
- Condensed milk (optional)

1 In a small saucepan over high heat, bring water and sugar to a boil. Lower heat and simmer for 5 minutes. Add chopped mint leaves and simmer for another minute or so. Remove from heat and allow to cool.

2 When thoroughly cooled, pour syrup into a bowl through a fine-mesh strainer, pressing leaves with the back of a spoon; discard leaves. Whisk matcha powder into mint syrup until smooth; refrigerate until fully chilled.

3 Before serving, add half the ice to a blender or a food processor and process until shaved or snowlike. Divide between two serving dishes or paper cones (place in the freezer to prevent melting if needed). Repeat with the remaining ice and two more bowls, then top each of the four shave ices with 2 to 3 tablespoons of mint-matcha syrup and 1 tablespoon semisweet chocolate chips. For a creamy twist, drizzle with condensed milk. Garnish each dish or cone with mint leaves if using and serve immediately.

***Nutrition score per serving:** 151 calories, 4 g fat (2.5 g saturated), 28 g carbs, 1 g protein, 1 g fiber, 7 mg sodium*



Chocolate-Coconut Cubes

Serves: *4*

Prep time: *5 minutes*

Total time: *2 to 3 hours*

- 1 15-ounce can coconut milk
- 1 tablespoon unsweetened cocoa powder
- 1 teaspoon confectioners' sugar
- Brewed coffee, chilled

1 Shake can of coconut milk. Open, pour into a bowl and whisk until smooth. Divide in half; add cocoa powder and sugar to one half and whisk again. Fill an ice cube tray with chocolate-coconut milk, about 1 tablespoon per cube, and freeze until solid, 1 to 2 hours.

2 Divide reserved plain coconut milk among cubes and refreeze until solid. (Change the pattern of stripes as desired.) Divide cubes among four glasses and add chilled coffee.

***Nutrition score per serving:** 167 calories, 15 g fat (13.4 g saturated), 4 g carbs, 2 g protein, 0 g fiber, 37 mg sodium*

Cinnamon-Almond Cubes

- 1½ cups plain almond milk
- 1 teaspoon cinnamon
- Brewed coffee, chilled

1 Whisk together ½ cup almond milk and cinnamon until fully incorporated. Pour a thin layer into each section of an ice cube tray and freeze until solid, about 1 hour.

2 Add a layer (about 1 tablespoon) of plain almond milk to each cube and freeze again. Divide remaining cinnamon milk among cubes and freeze again. Divide cubes among four glasses and fill each with chilled coffee.

***Nutrition score per serving:** 26 calories, 1 g fat (0 g saturated), 4 g carbs, 1 g protein, 1 g fiber, 61 mg sodium*

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The flavors range from spicy to sweet.

THIS BUD'S BEST FOR:

Adding sweetness to a salad
Instead of fruit, toss pansy or rose petals with your greens. Some types of roses, especially darker ones, can be super-sweet; if you use them, include onions to balance the flavor.

Spicing rice
Dianthus tastes like clove; add it to fried rice to lend a note of earthiness. And slice up orchids, whose texture is similar to iceberg lettuce, for crunch in steamed rice dishes.

Putting heat in salsa
Chop peppery nasturtiums and stir them in for an extra kick that compliments the jalapeños.

Dressing up a dessert
Top ice cream with rose petals (they pair particularly well with coffee flavor). Or mix pansy or rose petals into your cake batter for a floral funfetti effect.

Try it now…

Edible petals

Why would you want to toss flowers on your food? Because certain blooms have distinctive flavors and textures that give a refreshing twist to both savory and sweet dishes. They're good for you, too–full of minerals such as heart-healthy potassium and antioxidants such as flavonoids, which help boost your immune system. Chef Miche Bacher, the author of *Cooking With Flowers*, gets you started with four fun ideas.

You can't eat just any bloom
Some are actually toxic. Look for petals specifically meant for cooking and eating at farmers' markets and natural grocery stores, such as Whole Foods, or on websites like Melissas.com. And don't eat flowers from the florist—most have been chemically treated.

Prop styling by Sarah Guido-Lookso/Hatley Resources

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Busy-morning breakfast

You need a high-fiber, low-sugar cereal that's tasty, too.

By DAVID ZINCZENKO



Prep it the night before!

From your own kitchen . . .

Eat this

Overnight Blueberry-Almond Oats

Stir together ½ cup rolled oats, 2 teaspoons chia seeds, and ¼ teaspoon cardamom in a ½-pint jar or a small bowl. Add ½ cup unsweetened almond milk and ½ teaspoon vanilla extract; stir again and top with ½ cup fresh blueberries and 1 tablespoon dried unsweetened coconut flakes (optional). Seal the jar or cover the bowl tightly with plastic wrap and chill overnight. (259 calories, 10 g fiber per serving)

And from the cereal aisle . . .

Eat this

Special K Cinnamon Pecan

It has 4 grams of fiber as well as whole-grain goodness, with added crunch from the nuts. A 1-cup serving has 147 calories, 9 grams of sugar, and a respectable 3 grams of protein.

Not that!

Cinnamon Chex

With 11 grams of sugar and only 1 gram of fiber, this cereal is mostly sweetness and little substance to fill you up. It has only 1 gram of protein and 160 calories per cup.

MORE CEREAL IDEAS

You're going for superhealthy:

EAT THIS
Fiber One (120 calories, 28 g fiber, 0 g sugar per cup)

NOT THAT!
Smart Start Strong Heart Original Antioxidants (190 calories, 3 g fiber, 14 g sugar per cup)

A kiddie treat is calling you:

EAT THIS
Corn Pops (120 calories, 3 g fiber, 9 g sugar per cup)

NOT THAT!
Cocoa Pebbles (160 calories, 0 g fiber, 13 g sugar per cup)

It's hearty crunch you're after:

EAT THIS
Barbara's Better Oats & Honey Granola (158 calories, 5 g fiber, 6 g sugar per ½ cup)

NOT THAT!
Udi's Natural Artisan Granola (260 calories, 4 g fiber, 10 g sugar per ½ cup)

Food styling by Matt Vohr/Halley Resources; prop styling by Sarah Guido-Lookso/Halley Resources. Recipe developed by Matthew Kadey, R.D.N.

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Shape Snack Awards

You want between-meal treats that conquer your cravings, fill you up, and are good for you. Done! We tested hundreds of new snacks to bring you the 20 tastiest—all for under 200 calories.

By MARNIE SOMAN SCHWARTZ



SCOOP IT UP
Dairy-free dessert has come a *long* way. The category is filled with delicious options, like this sorbet.

 Photographs by TRAVIS RATHBONE


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Savory



Rhythm Superfoods Asian Citrus Broccoli Bites

Squeeze in an extra serving of vegetables with these addictive snacks, which contain seeds and nuts for added protein (7 grams per serving) and fiber (4 grams per serving) and provide more than a day's worth of your recommended amount of vitamin C.



The New Primal Free-Range Turkey Jerky

This isn't your standard convenience-store jerky. It's healthy and all-natural and has 12 grams of protein. "A good postworkout pick-me-up," a tester said.



Sargento Natural Pepper Jack Cheese Balanced Breaks

Each preportioned tray comes with cheese cubes, honey-roasted peanuts, and raisins. And while it's a little higher in fat than some of our other picks, the staying power provided by 7 grams of protein makes this 170-calorie combo totally worth it.



Biena Foods Habañero Chickpea Snacks

These hot bites give you 5 grams of protein, 6 grams of fiber, and a supersatisfying crunch that comes from dry roasting rather than frying. Testers flipped over the spicy-salty flavor.



Wholly Guacamole Spicy Homestyle Minis

We know how easy it is to polish off a bowl of guac. That's why we love these preportioned 100-calorie cups, which are perfect for toting to work with some cut-up vegetables, crackers, or tortilla chips.

These chips have the flavors of your favorite Italian sandwich.

Crunchy



Kellogg's Special K Salt and Vinegar Cracker Chips

"Light and airy" with "great crunch," testers said about this cross between a cracker and a chip. Good thing a 25-crisp serving has only 120 calories, because once you start munching on them, you won't want to stop.



Angie's Boomchickabites Fruit & Nut Ancient Grain Popcorn Clusters

Kettle corn fans will love this sweet and salty mix of popcorn, other popped whole grains (sorghum and amaranth), pomegranates, and cashews. It clocks in at just 110 calories for a half-cup serving.



Blue Diamond Bold Sriracha Almonds

These nuts have "just the right amount of spice." They're heart healthy, too, with plenty of protein (6 grams per ounce) and fiber (3 grams per ounce), to keep you full.



Clif Organic Dark Chocolate Pomegranate Raspberry Trail Mix Bars

This combo of dried fruit, nuts, and dark chocolate tastes as decadent as a candy bar. Whether you've got a workout or afternoon meetings, the 190-calorie gluten-free treat will help you power through.



Kettle Brand Pepperoncini Potato Chips

With all the spice and tangy flavor of Italian peppers and just enough heat, these chips quickly won us over. And their 150 calorie count per serving sealed the deal.

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Creamy



Ciao Bella Blueberry Passion Fruit Sorbetto

Sweet-tart passion fruit is swirled with summer-sweet blueberries in this refreshing, delicious treat. With just 110 calories per half-cup serving, you can scoop yourself a dish any night of the week.



Tribe Fiery Sriracha Hummus

Sriracha and red pepper flakes add plenty of heat to this creamy hummus, which wowed our testers. We also love the clean ingredients list, which includes chickpeas, tahini, canola oil, salt, and spices.



Chobani Flip Salted Caramel Crunch

Caramel-flavored Greek yogurt meets pretzels, nuts, and chocolate chips for a salty-sweet-creamy-crunchy match made in heaven. It's perfect as a dessert that feels indulgent for just 190 calories or as a great high-protein (12 grams per serving) snack.



Kerrygold Soft & Creamy Dubliner Cheese Wedges

"So rich, it tastes decadent," testers said. But it's not. These little 45-calorie wedges are made with milk from grass-fed cows and are the perfect size for an anytime bite. Pair one with apple slices for a filling snack.



Dannon Light & Fit Mixed Berry Protein Shake

Talk about convenient: This ready-to-drink 140-calorie shake delivers 12 grams of protein to help your muscles recover after a tough workout. It also packs 40 percent of your daily calcium needs and a filling 5 grams of fiber.

Sweet



365 Everyday Value Tropical Greens Fruit & Veggie Bars

Our testers fell hard for this 100-calorie "yummy summer treat" that combines banana, kiwi, and pear with kale and spinach. Thanks to its sweet and fruity taste, you'll be hooked, too.



Attune Graham Honey Crisps

Made with whole grains, these organic, lightly sweetened cookies have three times as much fiber as other graham crackers. A serving of five is only 120 calories, so go ahead and enjoy them with some fruit and cheese.



Fruttata Pineapple Crisps

With pineapple as the only ingredient, these sweet crisps are an easy, all-natural way to eat more fruit on the go. At just 39 calories per single-serving package, snacking doesn't get much healthier than this.



Van's Soft Baked Whole Grain Cranberry Almond Granola Clusters

Most brands of granola are high-cal and loaded with sugar. Not this gluten-free version, which has just 130 calories and 7 grams of sugar per serving yet is satisfyingly sweet and chewy.



Nothin' But Cherry Cranberry Almond Granola Cookies

Full of nuts, oats, and dried fruit, these cookies are almost as good as homemade. And a pack of two is just 170 calories. "A delicious way to satisfy your sweet tooth," one tester remarked.

You'll recognize every single ingredient listed on the package of these healthy cookie-and-granola hybrids.

Food styling by Matt Voh/Halley Resources; prop styling by Sarah Guido-Laakso/Halley Resources

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This seed just keeps on giving

Researchers from Penn State recently revealed that a plant-derived omega-3 found in flaxseed (ALA) may be just as effective in preventing heart disease as the omega-3s in fish (EPA and DHA). Good news if you don't love seafood. Aim for 2 to 3 grams of ALA a day; breakfast is a great place to start. Stir some flaxseed (1.6 grams of omega-3 per tablespoon) into your yogurt, top your French toast with walnuts (2.6 grams per ounce), or cook your eggs with canola oil (1.3 grams per tablespoon).



WHY BITTER IS BETTER

It's the new flavor obsession among chefs across the country, who are getting creative with bitter vegetables such as broccoli rabe, cauliflower, brussels sprouts, and arugula, as well as dark chocolate and grapefruit. And that's a good thing because "chemicals that give foods a bitter taste also give them many nutritious benefits," says chef and dietitian Sara Haas, R.D.N. For example, bitter-tasting compounds may aid with digestion or even help prevent cancer. But not everyone is immediately in the fan club. Some people, dubbed supertasters, experience these foods a bit too strongly. If you're a supertaster, prep ingredients to mellow out their flavor, Haas suggests. Pair something bitter with something sweet (put grapefruit in a salad with melon) and caramelize veggies like brussels sprouts and cauliflower.



The mineral you may be missing

You make sure to get enough protein and calcium, but chances are, magnesium isn't on your radar. It should be: The mineral is crucial for protein synthesis, improving muscle function, and boosting energy, and about 60 percent of adults don't get enough of it. Not good—a new study found that low magnesium levels can increase your body's amount of c-reactive protein, which is a marker for the chronic inflammation associated with heart disease and metabolic syndrome. You can easily hit your daily magnesium requirement (310 to 320 milligrams) by packing your diet with more whole grains, leafy greens, nuts, bananas, dark chocolate, and avocados—foods that are particularly abundant sources of the mineral.

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You deserve more exciting chicken

Sure, the trusty chicken sandwich is good for you, but there are just so many plain ones a woman can eat. Take it up a notch and get in more nutrients with this **buffalo chicken–meets–Tex Mex** twist from Jeremy Bringardner, an executive chef for Lyfe Kitchen: Coat a chicken breast with smoked paprika, cumin, coriander, cayenne pepper, oregano, salt, and pepper, then grill. Place on a whole-wheat tortilla and top with avocado, lettuce, black beans, corn, and cilantro. Drizzle with yogurt, splash with hot sauce, roll up, and devour.

63%

The rise in gluten-free food sales over the past two years. "Free of gluten," "gluten-free," "no gluten," or "without gluten" labels mean foods meet FDA regulations.

SOURCE: Mintel



Beat summer bloat

You're eating light, fresh foods, which is good. But they can do a number on your stomach. Here's how to flatten it fast.

By JUNO DeMELO

All those salads, crudités, and fruits that you're practically living on at this time of year tend to be low-cal and nutrient-packed, yes, but they can be hard for your body to digest. And when your system is struggling, it sends an SOS in the form of bloat. Not fun in swimsuit (or any) season. Deflate, and stay flatter, with these six strategies.



Feed your gut

Your daily yogurt is already helping in the battle of the bulge because it promotes the growth of good-for-you bacteria in your belly. (If

Makeup by Eric Vasburg/ABTP.com; manicure by Isadora Rios/ABTP.com

Photograph by TRAVIS RATHBONE

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Start your day on the plus side of delicious with Quaker® Real Medleys.® Try new Summer Berry Granola as a delicious snack or topping that's loaded with crunchy clusters plus real fruit. And there's new Banana Walnut Oatmeal+, complete with super grains and packed with bananas and crunchy nuts. **#QuakerUp**

you don't have a yogurt habit, start one.) Now amp up the benefits by giving those bugs the food they need to thrive. "Prebiotics are like Miracle-Gro for your good gut flora, providing them with the type of fiber that they feed on," says Kathie Swift, R.D.N., the author of *The Swift Diet: 4 Weeks to Mend the Belly, Lose the Weight and Get Rid of Bloat*. Work asparagus, artichokes, and bananas—all high in prebiotics—into your diet as well.

Get things moving

A summer getaway means not only an escape from the daily grind but also a departure from your usual habits, and an unfortunate side effect of that schedule change-up is constipation. The good news: You can combat it with just 10 minutes of cardio. "Aerobic activity increases blood flow to your GI tract, which helps move food more quickly through your system," explains Felice Schnoll-Sussman, M.D., the director of the Jay Monahan Center for Gastrointestinal Health at New York–Presbyterian Weill Cornell Medical College. Take a barefoot run on the beach, go for a swim in the hotel pool, or just do some jumping jacks.

Grill your vegetables

Or steam or stir-fry them. If you're not used to eating a lot of raw veggies, your system can have trouble digesting the fiber they contain, leading to belly-expanding gas. "Cooking loosens up the cell walls of plants, increasing their digestibility," Swift says. If it's just too hot to cook, toss together lettuce, tomatoes, and cucumbers, but steer clear of raw cruciferous vegetables, as they're some of the worst offenders. Can't imagine a summer without kale salad and cabbage slaws? Make them easier to digest by taking a supplement that has the enzymes that break down their sugars and fiber (such as Enzymedica Digest Gold).

Eat your fruit with a fork

Many of the fruits you eat out of hand—like apples, peaches, pears, and plums—contain a type of carb that creates gas and pulls water into your intestinal tract, making your bloating worse, says Katie Cavuto, R.D.N., a nutritionist in Philadelphia. Melon, pineapple, and strawberries are easier on your system.

Roll out your yoga mat

Certain poses put pressure on your colon in ways that keep things moving along, helping to eliminate gases from the intestine, Schnoll-Sussman says: For a wind-relieving pose, lie on your back, wrap your arms around your right knee, and gently pull it toward your chest; repeat on the left side and then with both legs together. Next, get into a half plow by lying on your back and raising both legs until they're perpendicular to the ground. Hold each of the poses for four to eight deep breaths, doing them whenever you feel bloated or daily as a preventive measure.

Go natural

Eating less sugar is smart and a great way to slim down. But don't turn to diet drinks and sugar-free protein bars, which are often sweetened with gas-inducing sugar alcohols such as sorbitol or maltitol. Instead, go the natural route with flavored flat water and fruit-and-nut bars. ★

Melon, pineapple, and strawberries are easier on your system than peaches and plums.



INDULGE WITHOUT THE BULGE

You know some favorite foods make you puffy, but it just wouldn't feel like summer without them. With our smart swaps, you won't have to deprive yourself.

ICE CREAM

Lactose, a sugar in milk that quite a few people have trouble digesting, is the culprit here. And unlike yogurt, ice cream has no probiotics to help balance it out. Try coconut- and cashew-milk ice creams instead. They taste creamy and indulgent but are dairy-free.

BEER

Those bubbles push out your stomach, so go for wine. (And stick with still, not sparkling—remember, the bubbles.)

TURKEY BURGERS

One of these with the works can pack about 1,200 milligrams of sodium. Add some fries or potato chips to your plate and you've got yourself a serious salt situation, which prompts your body to retain water, making belly bloat even worse. Leave off the cheese and salty sauces (like barbecue, steak, or teriyaki). Then wash the burger down with watermelon or coconut water, which are both packed with sodium-balancing potassium.

Photograph by Stockfood

DOES DEPRESSION HOLD YOU BACK FROM ENJOYING YOUR LIFE?



Depression is a serious medical condition that can leave you feeling sad, helpless, overwhelmed, and uninterested in your favorite activities. You may feel like you have to wind yourself up.

PRISTIQ® (desvenlafaxine) 50 mg is FDA-approved to treat depression.

In clinical studies, PRISTIQ 50 mg also helped improve patients' ability to function according to a scale* used to measure how depression disrupts the following areas:

- **Work**
- **Social life/leisure activities**
- **Family life/home responsibilities**

If depression is affecting the way you feel about yourself, treating it may help. Ask your doctor if PRISTIQ may be right for you.

*Sheehan Disability Scale (a validated measure of functional impairment) total score for Pristiq vs placebo.

Important Safety Information About PRISTIQ

Suicidality and Antidepressant Drugs

Antidepressants increased the risk of suicidal thinking and behavior in children, teens, and young adults. Depression and certain other psychiatric disorders are themselves associated with increases in the risk of suicide. Patients of all ages who are started on antidepressant therapy or when the dose is changed should be monitored appropriately and observed closely for clinical worsening, suicidality, or unusual changes in behavior such as becoming agitated, irritable, hostile, aggressive, impulsive or restless. Should these occur, report them to a doctor right away. PRISTIQ is not approved for use in children under 18.

Do not take PRISTIQ if you are allergic to desvenlafaxine, venlafaxine, or any of the ingredients in PRISTIQ. Do not take PRISTIQ if you currently take, or have taken within the last 14 days, any medicine known as an MAOI (including intravenous methylene blue or the antibiotic linezolid). Allow 7 days after stopping PRISTIQ before starting an MAOI. Taking an MAOI with PRISTIQ can cause serious or even life-threatening side effects.

Before taking PRISTIQ, tell your healthcare professional about all prescription and over-the-counter medications and supplements you take or plan to take including: those to treat migraines or psychiatric disorders (including other antidepressants) to avoid serotonin syndrome, a potentially life-threatening condition; aspirin, NSAID pain relievers, or blood thinners because they may increase the risk of bleeding.

PRISTIQ may cause or worsen some conditions, so tell your healthcare professional about all the medical conditions you have or had including:

- High blood pressure, which should be controlled before starting PRISTIQ and monitored regularly
- Heart problems, high cholesterol or triglyceride levels, a history of stroke, kidney or liver problems, or low sodium levels in your blood
- Bleeding problems
- Depression, suicidal thoughts or behavior
- Mania, bipolar disorder, or seizures or convulsions
- Nursing, pregnancy, or plans to become pregnant

Some people are at risk for visual problems such as eye pain, changes in vision, or swelling or redness around the eye. You may want to undergo an eye examination to see if you are at risk and get preventative treatment if you are.

Discontinuation symptoms may occur when stopping or reducing PRISTIQ, so talk to your healthcare professional before stopping or changing your dose.

Until you see how PRISTIQ affects you, be careful driving a car or operating machinery. Avoid drinking alcohol while taking PRISTIQ. In clinical studies, most common side effects with PRISTIQ 50 mg were nausea, dizziness, sweating, constipation, and decreased appetite.

Indication

PRISTIQ is a prescription medication approved for the treatment of major depressive disorder in adults.

Please see brief summary of Full Prescribing Information, including BOXED WARNING, on adjacent page.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

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PQP719118-01

Visit: PristiqSavings.com
Call: 1-800-PRISTIQ (1-800-774-7847)

Pristiq® desvenlafaxine 50 mg
EXTENDED-RELEASE TABLETS

IMPORTANT FACTS ABOUT Pristiq® desvenlafaxine EXTENDED-RELEASE TABLETS

(pris•teek')
Pristiq® - (desvenlafaxine) Extended-Release Tablets

Read the Medication Guide that comes with your prescription before you start taking PRISTIQ and each time you get a refill. There may be new information. This information does not take the place of talking to your healthcare provider about your medical conditions or treatment.

Talk to your healthcare provider about:

- all risks and benefits of treatment with antidepressant medicines
- all treatment choices for depression or other serious mental illness

What is the most important information I should know about antidepressant medicines, depression and other serious mental illnesses, and suicidal thoughts or actions?

1. Antidepressant medicines may increase suicidal thoughts or actions in some children, teenagers, and young adults within the first few months of treatment.

2. Depression and other serious mental illnesses are the most important causes of suicidal thoughts and actions. Some people may have a particularly high risk of having suicidal thoughts or actions. These include people who have (or have a family history of) bipolar illness (also called manic-depressive illness) or suicidal thoughts or actions.

3. How can I watch for and try to prevent suicidal thoughts and actions?

- Pay close attention to any changes, especially sudden changes, in mood, behaviors, thoughts, or feelings. This is very important when an antidepressant medicine is started or when the dose is changed.
- Call the healthcare provider right away to report new or sudden changes in mood, behavior, thoughts, or feelings.
- Keep all follow-up visits with the healthcare provider as scheduled. Call the healthcare provider between visits as needed, especially if you have concerns about symptoms.

Call a healthcare provider right away if you have any of the following symptoms, especially if they are new, worse, or worry you:

- thoughts about suicide or dying
- trouble sleeping (insomnia)
- attempts to commit suicide
- new or worse depression
- acting aggressive, being angry or violent
- new or worse anxiety
- acting on dangerous impulses
- feeling very agitated or restless
- an extreme increase in activity and talking (mania)
- panic attacks
- other unusual changes in behavior or mood
- new or worse irritability

What else do I need to know about antidepressant medicines?

- Never stop an antidepressant medicine without first talking to a healthcare provider. Stopping an antidepressant medicine suddenly can cause other symptoms.
- **Antidepressants are medicines used to treat depression and other illnesses.** It is important to discuss all the risks of treating depression and also the risks of not treating it. Patients should discuss all treatment choices with the healthcare provider, not just the use of antidepressants.
- **Antidepressant medicines have other side effects.** Talk to the healthcare provider about the side effects of this medicine.
- **Antidepressant medicines can interact with other medicines.** Know all of the medicines that you take. Keep a list of all medicines to show the healthcare provider. Do not start new medicines without first checking with your healthcare provider.
- **Not all antidepressant medicines prescribed for children are FDA approved for use in children.** Talk to your child's healthcare provider for more information.

Important Information about Pristiq Extended-Release Tablets

Read the patient information that comes with Pristiq before you take Pristiq and each time you refill your prescription. There may be new information. If you have questions, ask your healthcare provider. This information does not take the place of talking with your healthcare provider about your medical condition or treatment.

What is Pristiq?

- Pristiq is a prescription medicine used to treat depression. Pristiq belongs to a class of medicines known as SNRIs (or serotonin-norepinephrine reuptake inhibitors).

Who should not take Pristiq?

Do not take Pristiq if you:

- are allergic to desvenlafaxine, venlafaxine or any of the ingredients in Pristiq.
- take a monoamine oxidase inhibitor (MAOI). Ask your healthcare provider or pharmacist if you are not sure if you take an MAOI, including the antibiotic linezolid and the intravenous medicine methylene blue.
- have taken an MAOI within 7 days of stopping Pristiq unless directed by your healthcare provider.
- have started PRISTIQ and if you stopped taking an MAOI in the last 14 days unless directed by your healthcare provider.

What should I tell my healthcare provider before taking Pristiq?

Tell your healthcare provider about all your medical conditions, including if you:

- have high blood pressure
- have heart problems
- have high cholesterol or high triglycerides
- history of stroke
- have or had depression, suicidal thoughts or behavior
- have kidney problems
- have liver problems
- have or had bleeding problems
- have or had seizures or convulsions
- have mania or bipolar disorder
- have low sodium levels in your blood
- are pregnant or plan to become pregnant. It is not known if Pristiq will harm your unborn baby.
- are breastfeeding. Pristiq can pass into your breast milk and may harm your baby. Talk with your healthcare provider about the best way to feed your baby if you take Pristiq.

This brief summary is based on Pristiq Prescribing Information LAB-0539-6.0, revised June 2014.

PQP671007-01

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Pfizer

Serotonin syndrome

Rare, but potentially life-threatening, conditions called serotonin syndrome can happen when medicines such as Pristiq are taken with certain other medicines. Serotonin syndrome can cause serious changes in how your brain, muscles, heart and blood vessels, and digestive system work.

Especially tell your healthcare provider if you take the following:

- medicines to treat migraine headaches known as triptans
- St. John's Wort
- MAOIs (including linezolid, an antibiotic and intravenous methylene blue)
- tryptophan supplements
- silbutramine
- tramadol
- medicines used to treat mood, anxiety, psychotic, or thought disorders, including tricyclics, lithium, selective serotonin reuptake inhibitors (SSRIs), or serotonin norepinephrine reuptake inhibitors (SNRIs), or other dopamine antagonists, such as metoclopramide

Ask your healthcare provider if you are not sure whether you are taking any of these medicines. Before you take Pristiq with any of these medicines, talk to your healthcare provider about serotonin syndrome. See "What are the possible side effects of Pristiq?"

Do not take Pristiq with other medicines containing venlafaxine or desvenlafaxine.

Switching from other antidepressants

Side effects from discontinuing antidepressant medication have occurred when patients switched from other antidepressants, including venlafaxine, to Pristiq. Your doctor may gradually reduce the dose of your initial antidepressant medication to help reduce these side effects.

What should I avoid while taking Pristiq?

- Do not drive a car or operate machinery until you know how Pristiq affects you.
- Avoid drinking alcohol while taking Pristiq.

What are the possible side effects of Pristiq?

Pristiq can cause serious side effects, including:

- **See the beginning of this page.**
- **Serotonin syndrome. See "What should I tell my healthcare provider before taking Pristiq?"**

Get medical help right away if you think that you have these syndromes. Signs and symptoms of these syndromes may include one or more of the following:

- restlessness
- hallucinations (seeing and hearing things that are not real)
- coma
- nausea
- vomiting
- confusion
- increase in blood pressure
- diarrhea
- loss of coordination
- fast heart beat
- increased body temperature
- muscle stiffness

Pristiq may also cause other serious side effects including:

- **New or worsened high blood pressure (hypertension).** Your healthcare provider should monitor your blood pressure before and while you are taking Pristiq. If you have high blood pressure, it should be controlled before you start taking Pristiq.
- **Abnormal bleeding or bruising.** Pristiq and other SNRIs/SSRIs may cause you to have an increased chance of bleeding. Taking aspirin, NSAIDs (non-steroidal anti-inflammatory drugs), or blood thinners may add to this risk. Tell your healthcare provider right away about any unusual bleeding or bruising.
- **Visual problems**
 - eye pain
 - changes in vision
 - swelling or redness in or around the eye

 Only some people are at risk for these problems. You may want to undergo an eye examination to see if you are at risk and receive preventative treatment if you are.
- **Symptoms when stopping Pristiq (discontinuation symptoms).** Side effects may occur when stopping Pristiq (discontinuation symptoms), especially when therapy is stopped suddenly. Your healthcare provider may want to decrease your dose slowly to help avoid side effects.

Some of these side effects may include:

- dizziness
- abnormal dreams
- nausea
- tiredness
- headache
- irritability
- diarrhea
- sleeping problems (insomnia)
- sweating
- anxiety

- **Seizures (convulsions)**
- **Low sodium levels in your blood.** Symptoms of this may include headache, difficulty concentrating, memory changes, confusion, weakness, and unsteadiness on your feet. In severe or more sudden cases, symptoms can include hallucinations (seeing or hearing things that are not real), fainting, seizures and coma. If not treated, severe low sodium levels could be fatal.
- **Lung problems.** Some people who have taken the medicine venlafaxine which is the same kind of medicine as the medicine in PRISTIQ have had lung problems. Symptoms of lung problems include difficulty breathing, cough, or chest discomfort. Tell your healthcare provider right away if you have any of these symptoms.

Common side effects with Pristiq include:

- nausea
- dizziness
- insomnia
- sweating
- constipation
- sleepiness
- loss of appetite
- anxiety
- decreased sex drive
- delayed orgasm and ejaculation

These are not all the possible side effects of Pristiq. Tell your healthcare provider about any side effect that bothers you or does not go away. Call your doctor for medical advice about side effects.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Need more information?

- Ask your doctor or pharmacist. This is only a summary of important information.
- Go to www.pristiq.com or call 1-800-PRISTIQ (1-800-774-7847).

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BREATHING TIPS FOR BETTER ENERGY
WHY YOU NEED A MENTAL HEALTH DAY



Stay focused

New research shows that working in very specific blocks of time helps you get tons done with less burnout.

By MIREL KETCHIFF

When it comes to concentrating and being productive, many people work against their brain's natural, hardwired patterns without even realizing it, says Ernest Rossi, Ph.D., a psychotherapist in Los Osos, California.

To explain: You've heard of circadian rhythms, which act like a 24-hour inner clock to regulate when you sleep and wake. Well, there's an additional, similar process that your body and brain follow, called ultradian rhythms, which rules your energy and alertness, explains Rossi, who has studied the phenomenon extensively. These rhythms operate in 90- to 120-minute cycles. They're why you rotate through stages of lighter and deeper sleep during the night, why your ability to focus naturally rises and falls throughout the day, and why

Photographs by CHRIS FANNING

Get more tips on how to be productive. Download the free Love My *Shape* app and scan the page.

trying to work straight through to lunch is a struggle.

"Many productive, successful people have intuitively figured out how to optimize their life by tuning into their ultradian rhythms," Rossi says. "The rest of us, however, never do. We overwork, which leads to stress, burnout, and even illness."

Syncing up with your cycles is easy, though, once you're clued in. Spend roughly 1½ to 2 hours focused on one mentally engaging task, then take a 10- to 20-minute break, repeating the routine throughout the day. Rossi says this schedule aligns with the way your concentration naturally peaks and dips, allowing you to take advantage of the times you're most alert. As you get accustomed to abiding by your ultradian rhythms, you'll notice that productivity during your work periods will improve greatly. Plus, you'll be less tense and more energized all day long.

To make the most of these instinctual ebbs and flows, follow this expert advice.

During the 90 minutes you're on

Start early.
Your concentration tends to be highest in the a.m., when you're well rested. To avoid wasting any of that focus, Laura Vanderkam, a productivity expert and the author of *I Know How She Does It*, recommends jotting down a priority list of your morning to-dos the night before. That way, you can hit the ground running rather than spend time and mental energy deciding what to tackle first.

Simplify your goal.
Even when you're firing on all cylinders, trying to juggle more than one project is tough on you mentally, Vanderkam says. "Every time you switch between tasks, your brain has to catch up, and you lose time and concentration." Work on one thing exclusively for 30 or 45 uninterrupted minutes, then move on to the next.

Minimize distractions.
Nothing destroys your focus like email, but at work, most of us can't ignore our in-box for a full 90 minutes, acknowledges psychotherapist Annie Perrin, an executive vice-president at the Energy Project, an organizational consulting company. She suggests leaving as much time as you can between checking messages, even if that's just 15 minutes. Scan your emails for all that are urgent and answer those; for everything else, develop a standard reply, like "Got it. I'll get back to you in about an hour." Then set aside a chunk of time at the end of your 90-minute cycle to follow up.



Relax to recharge.

Taking breaks prevents the release of the stress hormone cortisol, so you stay sharp.

During your downtime

Learn your red flags.
Your period of alertness may not be exactly 90 minutes, especially if you're doing something particularly draining, Perrin says. So don't just watch the clock—when you start compulsively tidying up your desk, checking your phone, yawning, or really straining to focus, it's a sign that you need to take a breather. If you try to power through, your energy will dip, and your body will compensate by releasing hormones such as adrenaline and cortisol, Perrin says. These make you more alert but also stressed, jittery, and easily distracted, which ultimately works against you.

Take the right break.
"Ideally, you would do something that feels restorative, during which your mind can wander," says sociologist Christine Carter, Ph.D., a *Shape* advisory board member and the author of *The Sweet Spot*. Particularly renewing activities include chatting with a friend or a coworker, exercising, and spending time outdoors, but anything that gives you a chance to relax and recharge will do the trick.

Nix the guilt.
At first, taking regular, sustained breaks will feel unnatural, even wasteful. Just remind yourself that they will pay off in the long run. Your ability to concentrate and work effectively gets fatigued just as a muscle does, Perrin says. "You wouldn't dream of exercising for hours at a time without ever taking a breather to eat, drink, or rest, but most people do the mental equivalent every single day." ★

This page and page 153: Hair and makeup by Mary Guthrie/ABTP.com. Joe Fresh shirt. Vince skirt. Guess shoes


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3 reasons makeup sex can be so amazing

There's an intensity that just might be worth the fight, experts say. Here's why.



You both want to get wilder. After an argument, your emotions are running high, says **Kimberly Sharky**, a certified sex therapist in Chicago. That energy carries over into the bedroom. "During makeup sex, people tend to be more aggressive or passionate than usual, which can be very exciting," she says.

You're already primed for action. Physiologically, anger is pretty close to desire. When you're upset, your heart rate is up, your blood is pumping, and you're in a heightened state of arousal, explains marriage therapist **Neil Rosenthal**, the author of *Love, Sex, and Staying Warm*. "Then when you have sex, you experience a huge release."

Those bonding hormones kick in. Après sex, your brain is flooded with oxytocin, a hormone that promotes feelings of love and togetherness. This encourages you to move past lingering anger and resentment. "Sex helps people feel cared for, desired, and connected," Rosenthal says. "With makeup sex, there's a sense of relief and resolution. It's like you're both saying, 'OK, we're a couple again.'"

62% THE PROPORTION OF WOMEN RUNNERS WHO SAY THEY HAVE SEX MORE OFTEN WHEN THEY JOG WITH THEIR GUY. NEARLY HALF OF COUPLES WHO REGULARLY RUN SIX OR MORE MILES TOGETHER SAY THEIR SEX IS BETTER, TOO.

SOURCE: Brooks Running survey

Q:

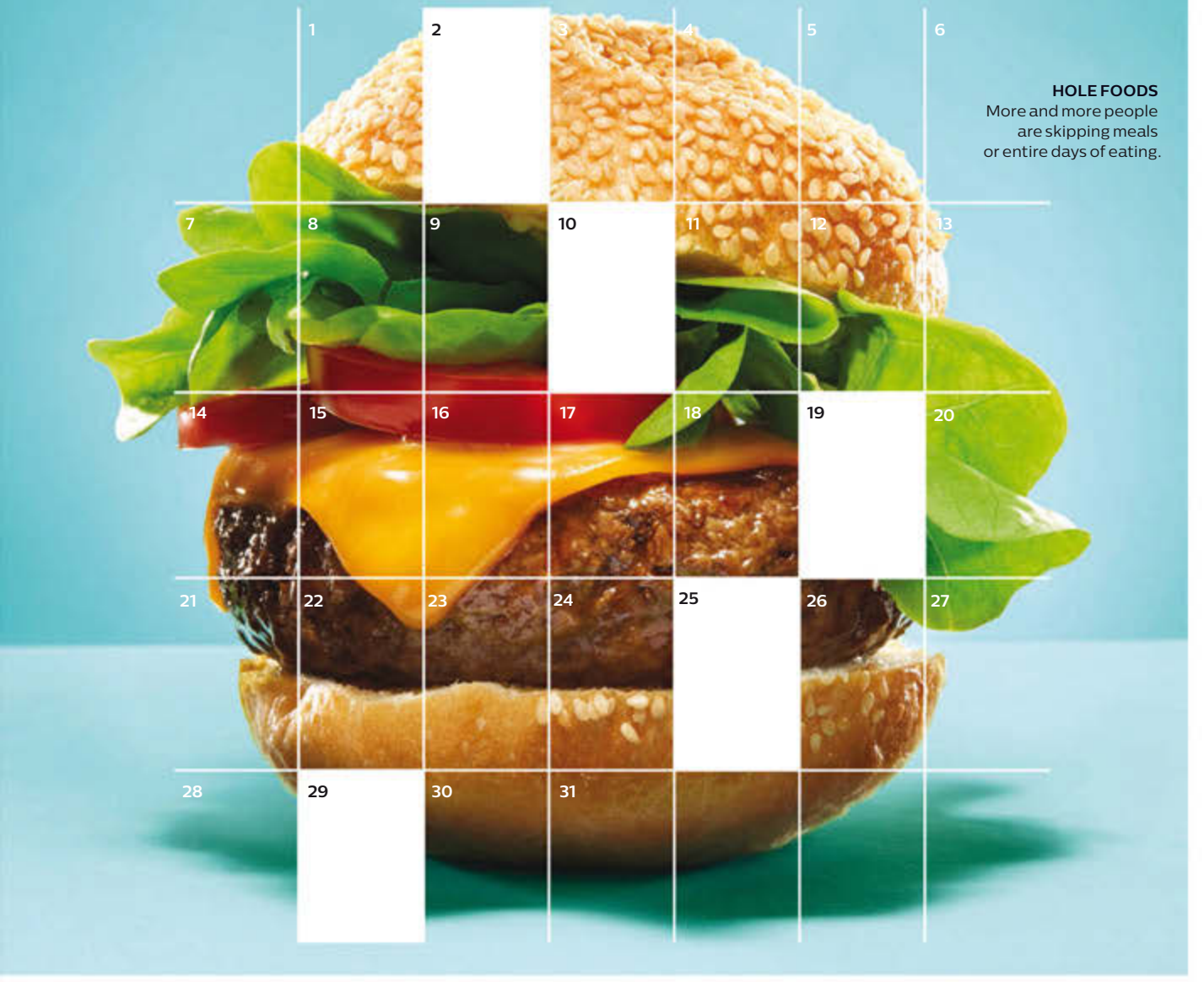
I smell like ammonia for hours after I work out. Is that normal?

"A long or vigorous exercise session can cause this scent, especially if you're also cutting back on eating carbohydrates," says **Stacy Sims, Ph.D.**, an exercise physiologist and nutrition scientist. "When you train for more than an hour or at a very high intensity, your body runs out of carbs and begins to break down protein to fuel your muscles. Ammonia is a byproduct of protein decomposition, and it's released through your sweat glands," Sims explains. Because you have a lot of sweat glands in the vaginal area, that's where the scent tends to be most noticeable.

This isn't harmful to your health, but it is annoying and potentially embarrassing. To prevent it, eat a small carb-heavy snack such as oatmeal or a piece of toast with peanut butter about 60 minutes before going to the gym, Sims says. During a workout, your body will burn through its carbohydrate stores in about 80 minutes, she adds. So if you're doing an extra-long training session, fuel up with an energy gel or a banana roughly every hour.

Photograph by Jon Feingersh/Offset


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HOLE FOODS
More and more people are skipping meals or entire days of eating.

Missing something in your diet?

Science finds that mini-fasts can lead to weight loss, better energy, and even a longer life. But are they safe?

By SHARON LIAO

Imagine an eating plan that has you fast for a period of time—usually between 16 and 36 hours—then eat as much food as you want for eight hours or more. It's called intermittent fasting, and according to some research, you'll lose weight.

While you're fasting, your body runs out of its primary source of fuel, glucose from food, and instead it begins to get energy by converting usually tough-to-budge fat stores into compounds called ketones, explains Mark Mattson, Ph.D., the chief of the Laboratory of Neurosciences at the National Institute on Aging. "Besides helping you shed pounds, ketones keep your blood sugar levels steady, which is why people often feel more energetic during a fast." Once you start eating again, your body begins burning glucose and your blood sugar fluctuations increase. But because you're restricting your meals to specific windows of time, your blood sugar stays steadier than it would if you were eating regularly. →

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Mattson's studies show that this makes your body more sensitive to insulin, which may help reduce your risk of diabetes and heart disease in the long term.

The most groundbreaking research suggests that intermittent fasting can help lengthen your life. Doctors at the University of Florida College of Medicine found that people who followed an alternate-day fasting plan for three weeks experienced increased activity of a gene called SIRT3, which helps protect cells against age-related damage. The reason: Research shows that fasting induces a low level of stress (the same kind of healthy stress caused by exercise), which encourages cells to rev up their natural defenses against illness.

But as usual, there are drawbacks

A number of experts say the potential payoffs aren't worth it. While you can drop pounds on a fast, the weight loss is not as dramatic as you might expect. In a study published in *Nutrition Journal*, women who followed an alternate-day plan shed 11 pounds in four months, a bit less than the one pound a week most experts say is safe. And the strategy is difficult to sustain, which you must do to keep the weight off, says Susan B. Roberts, Ph.D., a professor of nutrition at Tufts University. "You really have to ask yourself, Do I want to starve myself regularly or eat moderately all the time?" she says.

Intermittent fasting is also a lot of work. You have to plan everything—social events, workouts, special occasions—around your fasts. "You can't just grab a meal with friends or family, and that can feel isolating," says Marjorie Nolan Cohn, R.D.N., a spokeswoman for the Academy of Nutrition and Dietetics.

Nor can you do your regular gym routine. While certain plans allow you to exercise moderately for up to 45 minutes on fasting days, Cohn says that working out too hard or for too long during a fast can cause you to burn muscle tissue instead of fat, making you more susceptible to injury.

Worst of all, you may be setting yourself up for dangerous nutritional deficiencies. Fasting means you're taking in fewer calories overall, so it's important to fill up on healthy food, Roberts says. But many people feel so deprived that they binge on things like french fries and cookies and as a result come up short on protein, fiber, and vitamins.

At least if you're going to try it, do it right

If you still want to give intermittent fasting a shot, talk to your doctor first. (Women who are breastfeeding or pregnant; have a preexisting condition like diabetes; or have a history of eating disorders should not fast, Cohn warns.) If your doc gives you the OK, expect the first two weeks to be the hardest, says Krista Varady, Ph.D., an associate professor of nutrition at the University of Illinois at Chicago and the author of *The Every-Other-Day Diet*. During this time, drink plenty of water and keep low-cal snacks like fruit and hummus on hand in case you start feeling dizzy or too "hangry" to function. For the small meals that most fasting plans allow (see our "Fast facts," below), fill up on fiber- and protein-rich foods, such as chicken breast with vegetables, so you can stay satisfied longer. Varady says that once your body adjusts to fasting, the hunger should subside and the extra energy should kick in. "In our studies, about 90 percent of participants were able to stick with the diet," she says.

On your eating days, you can forget calorie counting and eat until you feel full. At first, that will probably mean splurges—heaping servings of pasta and dessert after every meal—Varady admits. But once the novelty of unrestricted eating wears off, she says, most people learn to tune in to their hunger cues and settle into their usual food habits, consuming about 110 percent of their normal calorie intake.

Still, "Eat as much as you want" isn't the same as "Eat whatever you want." You should be sure to get plenty of fruits and vegetables, fiber, healthy fats, and lean protein, Cohn advises. Beyond that, different fasts have different food guidelines (we explain below), and nothing is totally off-limits. So yes, you can have a cheeseburger. Just eat a side of veggies with it. ★

Fast facts

INTERMITTENT FASTING PLANS ARE NOT ONE SIZE FITS ALL. GET THE LOWDOWN ON FOUR OF THE MOST POPULAR METHODS.

1. *The Every-Other-Day Diet* by Krista Varady, Ph.D., and Bill Gottlieb

The plan Fast for 24 hours, eat freely for 24 hours.

The fast You're allowed one 100-calorie snack and one 400-calorie high-protein meal, or a single 500-calorie lunch or dinner per day.

The feast Eat whatever you want, whenever you want.

2. *The Warrior Diet* by Ori Hofmekler

The plan Fast for 20 hours, eat for four hours.

The fast You're allowed a few servings of raw produce or fresh juice, a few high-protein snacks (like an egg or yogurt), and unlimited coffee, tea, and broth-based soups.

The feast Eat as much as you want, but in this order: vegetables, protein, then if you're still hungry, carbs or fat.

3. *The Fast Diet* by Michael Mosley and Mimi Spencer

The plan Fast for two days (they don't have to be consecutive), eat for five days.

The fast You're allowed 25 percent of your usual calorie intake (around 500 calories) from veggies and lean meat.

The feast Eat your normal diet, without counting calories.

4. *Eat Stop Eat* by Brad Pilon

The plan Fast for 48 hours straight each week, eat for five days.

The fast No food is allowed, but you can sip on calorie-free beverages like water and tea.

The feast Follow your usual diet, eating what you like in moderation.

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The easy way to boost your health

Certain vitamins make you stronger, help you sleep better, and de-stress. Here's what to take when.

BY JANET LEE

There are a lot of questions about vitamins these days. We used to think of them as another good way to stay healthy, along with exercise and eating right. But then a couple of years ago, some research found that supplements might not help reduce our risk of disease after all. And most of us were left

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wondering whether to take our vitamins or toss them.

Well after experts took a closer look, we have some answers. You shouldn't give up on vitamins completely, they say, but you do need to be smart about which ones you take. "There are a lot of worthless supplements out there, but there are many really good ones, too," notes Mark Moyad, M.D., the director of preventive and alternative medicine at the University of Michigan Medical Center and the author of *The Supplement Handbook*, who has studied vitamins for more than 30 years. To help you determine what you need, and what you don't, we reviewed all the definitive research on the subject. Read on for the six supplements that are proven to have real health benefits for active, busy women like you.

Vitamin C

This standby is the real deal: "Vitamin C helps your immune system work better, and there's no supplement that's cheaper or more effective at doing so," Dr. Moyad says. Large-scale studies have shown that it can help reduce the duration of the common cold by about 20 percent and slash your risk of getting a cold in half when your system is taxed, like when you're training for a marathon or buried in work at the office.

Take too much C and you may risk getting kidney stones, however. To lessen those odds but still get the benefits, choose the calcium ascorbate form of C, and pop 500 milligrams daily during periods when you're under stress, to keep your defenses strong, Dr. Moyad advises, but don't use it for more than three consecutive months. If you're training for a race, take 500 milligrams of C twice a day for three weeks beforehand to stay healthy and strong.

N-acetylcysteine (NAC)

This supplement is a powerhouse. It's one of the building blocks of your body's most important disease-fighting antioxidant, glutathione, so it helps you stay in peak condition. "Plus, N-acetylcysteine plays a strong role in keeping your circulatory and reproductive systems healthy, and it helps protect your liver from damage," Dr. Moyad says.

If you pop Tylenol regularly for workout-related conditions such as sore knees, plantar fasciitis, or shoulder pain, or use Midol for PMS or menstrual cramps, you should also take NAC, because the acetaminophen in those pain meds can impair your liver function over time, Dr. Moyad explains. Aim for 1,000 to 1,500 milligrams of NAC daily.

L-theanine

This amino acid has a calming and protective effect on the brain and may even enhance memory, according to numerous studies. Carol Ash, a doctor of osteopathic medicine and the corporate director for sleep medicine at Hackensack Meridian Health in New Jersey, routinely recommends it for her patients. "Sleep drugs have all sorts of side effects, and L-theanine is one of the least toxic options you can use," she says. Instead of making you drowsy, as most sleep drugs do, the supplement stimulates neurotransmitters in your brain that help relax you so that you can fall asleep easier. This soothing effect means that it can also ease stress and anxiety.

Take 100 to 150 milligrams of L-theanine a day in divided doses, such as two doses of 50 milligrams each, to help keep a steady level in your system. Be sure to check with your doctor first if you're on prescription medication for stress, anxiety, or depression.

Melatonin

Taking melatonin can help reset your body clock if you travel a lot or keep crazy hours, Ash says. Your body naturally makes this hormone, which helps control your sleep- wake cycle, but sometimes your system just doesn't produce enough melatonin, so you need to supplement it. Taking extra can also help reduce jet lag when you're flying cross-country or overseas.

Melatonin has another, more surprising use: It can stop acid reflux by protecting the lining of your gastrointestinal tract. A study in the *Journal of Clinical Gastroenterology* found that melatonin eliminated or reduced symptoms of stomach upset in almost 90 percent of people who used it.

For problems falling asleep, take 0.5 to 3 milligrams of melatonin 15 to 30 minutes before bed. (Dosage varies widely from person to person, so start with the lowest amount.) If you regularly wake up during the night, try 2 milligrams of prolonged-release melatonin instead. To prevent acid reflux, take 1 to 3 milligrams of regular melatonin before turning in.

Probiotics

Good bacteria that the body produces naturally, probiotics are critical to keeping the digestive system running smoothly. If you don't have enough of them in your GI

THREE SUPPLEMENTS YOU DON'T NEED

Calcium Thanks to all the foods that are now fortified with calcium, you should be able to get plenty without popping a pill, Mark Moyad, M.D., says. Aim for 1,000 to 1,200 milligrams daily from foods like kale, broccoli, fortified cereal, and dairy (or fortified dairy substitutes like almond or cashew milk).

Vitamin D More than 90 percent of Americans already get enough D, according to a study by the Centers for Disease Control and Prevention. Eating a healthy diet—plenty of fruits, vegetables, dairy, whole grains, and lean protein—and spending 10 minutes in the sunshine every day will give you what you need.

Resveratrol Animal research several years ago suggested that this antioxidant could help protect against diabetes, heart disease, and obesity . But since then, studies done on people haven't shown any consistent health benefits, Dr. Moyad says. His advice: Skip it.



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Scientific evidence suggests, but does not prove, that eating 1.5 ounces per day of most nuts, such as almonds, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. A one-ounce handful has 13g of unsaturated fat and only 1g of saturated fat.

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tract, you set yourself up for inflammation and stomach problems. And for anyone who has irritable bowel syndrome (IBS), a condition that affects nearly twice as many women as men and causes constipation, diarrhea, and bloating, taking probiotics in supplement form is hugely helpful. Dr. Moyad suggests using Align, which relieves IBS, clinical trials show. In addition, eat foods with lots of fiber and potassium, like bananas and potatoes, to help your body generate more good bacteria.

Taking probiotics can also help you avoid traveler's diarrhea. Look for Culturelle, a brand that reduces the risk of the condition

People who took gingseng every day during peak cold and flu season had 25 percent fewer colds.

by a whopping 85 percent, according to research. Start popping it two to five days before you leave on your trip, and take the amount recommended on the package instructions, Dr. Moyad says.

American ginseng

Research shows that this herb enhances immunity and fights fatigue. In a study published in the *Canadian Medical Association Journal*, people who took two 200-milligram doses of ginseng a day during peak cold and flu season had 25 percent fewer colds. When they did get sick, their colds were much milder than colds suffered by study participants who didn't take the supplement. The herb can also help improve energy. A large trial at the Mayo Clinic showed that cancer patients experienced a significant reduction in fatigue after taking the supplement. Charles Loprinzi, M.D., a coauthor of the study, believes that the energy-boosting effect would be similar for anyone suffering from fatigue, not just patients.

Look for pure ginseng pills containing 3 percent ginsenosides, which is one of the active ingredients. Take 1,000 to 2,000 milligrams per day, split into two doses. ★

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I've heard that fitness trackers might cause cancer. Should I be worried?

Probably not, says Jonathan Samet, M.D., the director of the USC Institute for Global Health. While fitness trackers emit low-level radio-frequency electromagnetic radiation (RF-EMR), exposure hasn't been definitively linked to any illnesses, Dr. Samet explains.

That said, the World Health Organization (W.H.O.) does classify RF-EMR as a possible carcinogen. The reason: Research has indicated that people who are exposed to the most RF-EMR are slightly more likely to develop glioma, a type of brain tumor; many experts, though, question the methodology of those studies. Still, pending more research, "exposure can't be considered completely risk-free," says Dr. Samet, who led the group that determined the W.H.O.'s classification.

Continue wearing your activity tracker, but for now, play it safe and keep it away from your head, heart, and reproductive organs to minimize exposure. And remove it before bed.



YOU AND YOUR CREW

How kids chill you out

Yes, you read that right. They may sometimes drive us crazy, but in the big picture, kids actually bust stress, say researchers from Arizona State University. That's because children get us involved in activities that lead to meeting and socializing with other adults, explains Chris Herbst, Ph.D., the study author. "**Social connections increase people's sense of purpose**, which results in less stress and more happiness," he says. So instead of seeing all those kiddie birthday parties and soccer games as nightmare time sucks, look at them as your chance to chat with other people and relax.

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WHY YOU GET SO STUFFED UP IN THE SUMMER

If you're struggling to breathe after hot-weather rainstorms, you can blame a mold allergy. **Mold spores thrive on moisture and come out in full force on rainy or especially humid summer days**, says otolaryngologist Michael Benninger, M.D., the chairman of the Head and Neck Institute at the Cleveland Clinic. Antihistamines can help relieve sneezing and itchy, watery eyes. But because mold spores cling to the inside of your nose, Benninger suggests using a nasal rinse, like **Ayr Saline Nasal Rinse Kit** ($11, drug store.com), to flush them out and ease sinus inflammation and congestion.

Your phone is gross

You browse your phone over lunch, pass it to friends to show them your photos, maybe even bring it with you into the bathroom. The upshot? **That phone ends up harboring more than 300 times the amount of bacteria as an office toilet handle**, according to research from the U.K. Problem is, regular household cleaners and cloth or paper towels can wear away the antismudge coating on the screen and leave little scratches in the glass, giving germs a new place to hide, warns Derek Meister, a tech pro for Best Buy's Geek Squad. He suggests making your own disinfectant by mixing equal parts distilled water (tap or filtered will leave behind mineral residue) and 70 percent isopropyl alcohol in a spray bottle. Every night, spritz a microfiber cloth with the solution and give your cell a quick wipe down.



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There's a smarter way to sit

Kicking back in a hammock is one thing, but in your everyday life you want to keep both your feet firmly on the floor. **Crossing your legs bumps up your blood pressure slightly**, a recent study found, and may increase your risk of spider veins, warns Irving Herling, M.D., the director of clinical cardiology at Lankenau Medical Center. The position also throws your hips out of alignment, which can trigger all-over aches. If you can't break the habit, switch legs every five minutes and take a five-minute walk every hour.

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That BPA-free plastic water bottle in your gym bag? There's a good chance that it contains bisphenol S (BPS), a common swap for BPA that's being linked to similar health woes (think hormone disruptions that may boost disease risk). So pick up a bottle made of glass or unlined metal, like the all-stainless steel **Klean Kanteen Reflect** (from $30, kleankanteen.com).



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Getting into a swimsuit after weight loss

Our body-image expert is here to help build your comfort and your confidence.

By MELANIE MANNARINO

You've been slimming down . . . and now it's summer. Which means doing the big reveal, maybe in shorts or a swimsuit. This is a moment that should be thrilling, but instead, it can be scary, because despite your accomplishment, body-image anxiety still manages to set in. "Many women continue to feel self-conscious about their bodies after losing weight," says David Sarwer, Ph.D., a professor of psychology in psychiatry and surgery at the Perelman School of Medicine at the University of Pennsylvania. "They may have sagging skin and stretch marks, and they worry that if they wear revealing clothes, people will judge them."

Not only that, after weight loss, it typically takes some time for your brain to catch up to your new slimmer reality. "You may still think of yourself as two, four, or six sizes larger than you actually are, so you can't imagine feeling great in a swimsuit," Sarwer says.

Of course, these are anxiety-provoking thoughts that live in your head, but they can steal your confidence. And now is the time to celebrate your triumph. The following advice will help you see your new body in a positive light and boost your self-esteem.

Body anxiety: You still think of yourself as heavy

This is phantom-fat syndrome, something that people who have lost weight often have, Sarwer says. "Your mind plays tricks on you, and you just can't comprehend that your body is smaller. You've become so accustomed to thinking of yourself as a certain size that even when friends and family say how slim and fantastic you look, it can take a long time before your perception of your body matches the new reality."

Sarwer explains that you need to give your point of view a real jolt and see your body literally from a new angle to gain perspective. And that means an honest assessment of yourself in a full-length mirror. "When you're overweight, it's common only to focus on your reflection from the chest up because you don't care for what your body looks like," he says. "But it's important to take in the full image of your shape and view yourself as a whole person, not various good and bad body parts. →

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"It may help to have a friend snap a picture of you," Sarwer suggests. "In the same way that a photo can be the cue that makes people realize they've gained weight, it can also be the cue that leads you to realize that your body looks much smaller than you thought it did. It's often a relief and a pleasant surprise. Once you acknowledge that, carry the mental image around with you."

Body anxiety: You think that everyone else is fixated on your flaws

After losing more than 100 pounds, Mae Perez, 33, updated her wardrobe with new fitted dresses, tossing out the dark, shapeless clothes she wore for so many years. But despite feeling confident about her body for the most part, the graphic designer and weight-loss blogger in Los Angeles still won't wear shorts. "Intellectually, I know that no one really cares, but the saggy skin on my thighs rubs together, and I would be constantly worrying about how my legs looked if I wore shorts in public," Mae admits.

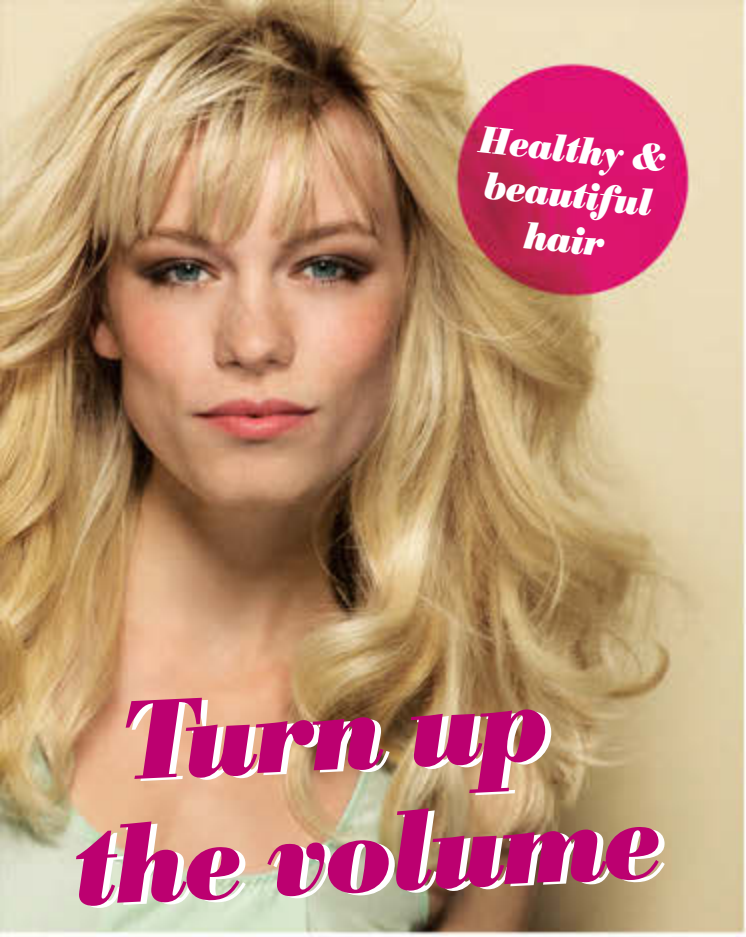
Sarwer confirms that truly, no one cares. "A woman may assume that when people are looking at her they're thinking how big her hips or thighs are, but in fact, many people aren't paying attention to those things at all. They're just as likely to focus on features of hers that they find appealing, such as shiny hair or pretty eyes."

You need to get back in front of that mirror and spend time looking at yourself from head to toe. "As you're doing that, balance negative thoughts about your body with positive ones," advises Sarwer, who has the patients he works with do that as part of their program. "For every one thing you don't care for, identify another thing you do like about your appearance." Then highlight that feature: If you like your shoulders, wear your hair up and put on a halter top. "Making one simple change like that will soon give you the confidence to make others," Sarwer promises.

Body anxiety: You're hoping for perfection

You're sizes smaller, yes, but your arms are still a little flabby, and your boobs sag a bit, and your butt isn't perky and tight. . . .

Obviously, you know you'll never be perfect. No one is. Not Giselle, not Beyoncé, not Jennifer Lopez. But it's incredibly hard to just be emotionally OK with this, Sarwer says, because as you look at yourself in relation



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to friends and celebrities, you make upward comparisons. "When you enter a room, you compare yourself to the person you believe is more attractive than you, which makes you feel insecure about your own appearance," he notes.

It's especially easy to make those upward comparisons when you've been self-conscious about your weight for a long time. "In that case, you tend to have the added false assumption that everyone is thinner and in better shape than you are," Sarwer says.

First, realize that we all have this tendency. So if you've been avoiding a swimsuit because you're self-conscious about your body compared with everyone else's, it's time to take a long, hard look at those around you. "You'll see a wide range of body shapes and sizes," Sarwer says. "And unless you do something pretty dramatic to draw attention to yourself—say, wearing sweats in 90-degree weather to camouflage your body—you're probably going to just blend right in."

> "I know now that if I walk confidently, it will deflect any insecurity I have about my body."

Realizing that everyone, no matter how slim they are, struggles with body issues can be comforting. "One of the things that really helped me feel OK about showing my body was finding out that all women, even celebrities who look perfect, have worries about their bodies, too," says Elisha Villanueva, 32, of San Diego, who lost 80 pounds five years ago. "Now I talk myself out of my own insecurity. Before I take off my cover-up at the beach, I remind myself that the same issues I have are swimming around in other peoples' brains. I also know that if I walk confidently, it will deflect any insecurity about my body. Soon, I'm not so worried anymore." ★



Almost half her size

Her husband loved her no matter what she weighed, but Ashley Keller didn't love herself. So she ditched her bad diet and lost 110 pounds.

By AMY ZAVATTO



A traumatic visit to a department store five years ago made Ashley Keller face the truth about her weight. "I remember sitting in the parking lot after trying to buy pants for work," says 5-foot-6-inch Ashley, 28, who then weighed 250 pounds. "I used to wear a size 19, but this time the pants didn't fit. I couldn't understand it. I honestly thought the manufacturer was saving five cents in material and skimping on the size. But then it dawned on me that the pants weren't getting smaller—my waist was getting bigger. And I had to do something about it."



Start weight
250 lb

Current weight
140 lb

Hungry all the time

Ashley, a public relations representative in Farmland, Indiana, had struggled with her weight as a teen, but it "ballooned," as she puts it, when she went to college. "I love sweets—cookies, cake, pie, you name it—and at school, I just kept eating and eating them," she says. "And I never exercised." When Ashley met her now husband, Brandon, in 2006, she weighed 200 pounds. While they were dating, they often went out to eat, and Ashley didn't hold back. "I could put away a footlong sandwich and chips and still be hungry," she says. She gained another 50 pounds by the time they got married, in 2009.

Brandon told her that he loved her at any size, but Ashley was becoming more and more frustrated by all the things she couldn't do. Walking up a flight of stairs made her lose her breath. Bending over to tie her shoes was difficult. Even sitting was uncomfortable. "I was unhappy with myself," she says. "I knew something had to change."

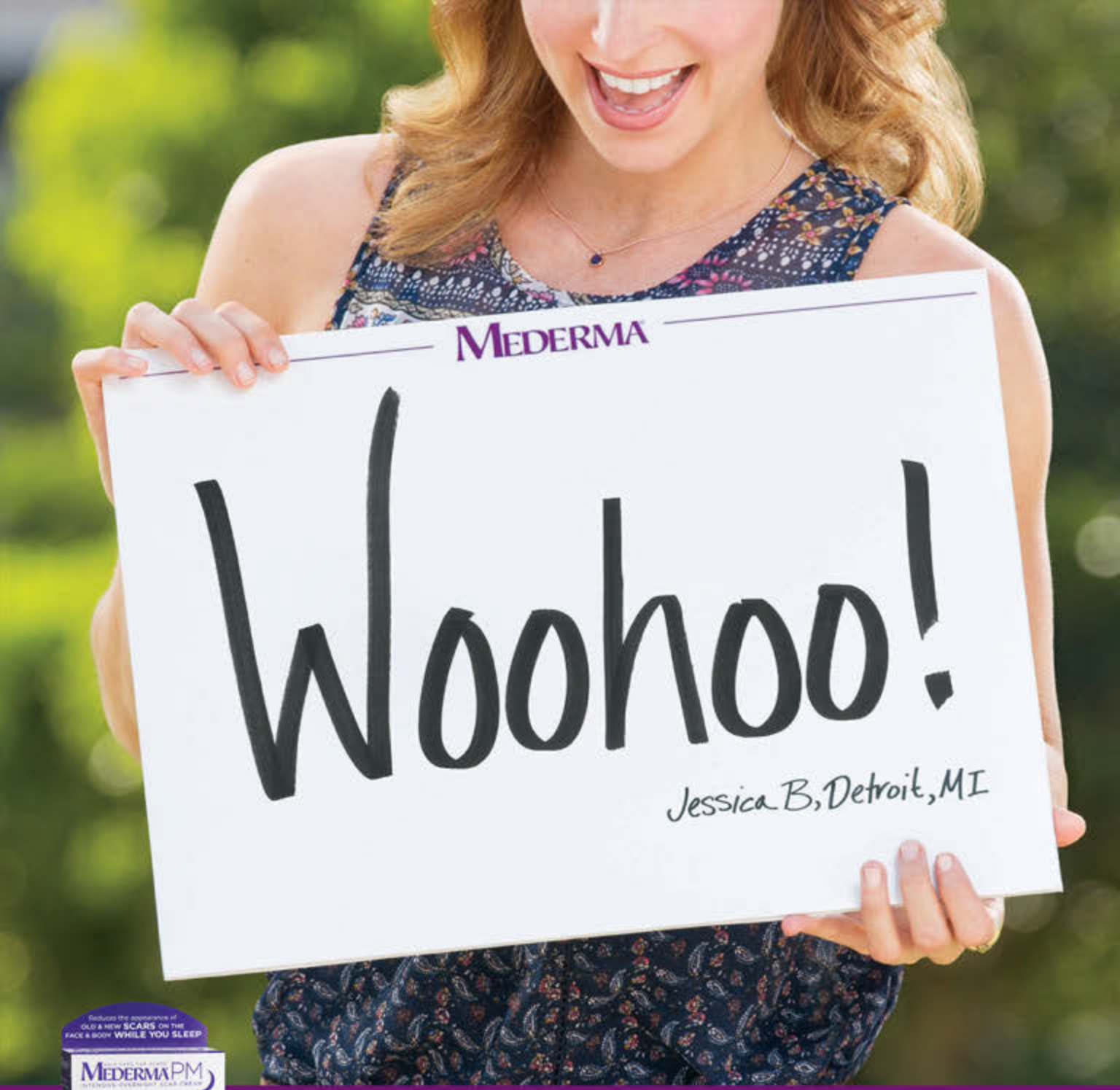
She was also worried about her health. An uncle had died from a heart attack at age 46, and both of her grandfathers had suffered multiple heart attacks. "I saw myself dying at a young age from heart trouble," Ashley says. "The idea was just terrifying."

Little changes, big success

Soon after her parking lot epiphany, Ashley worked up the nerve to join Weight Watchers, where the group leader set small, doable weight-loss goals for her. Within three weeks, Ashley reached her first milestone:

Hair and makeup by Kate Heatherly/Deep Roots Salon

Photographs by STEPHEN HILL





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[1]Nielsen data, xAOC scar market dollar share, current 52 weeks ending December 20, 2014. [2]IMS Health, NDTI. December 2014.
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Discovery and *Shape*: How she did it Earlier this year, *Shape* teamed up with the Discovery Life Channel to find women who have faced life challenges head-on and conquered them. Ashley Keller's story is one of the hundreds of inspirational submissions we received.

shedding 12 pounds, or 5 percent of her weight, mostly by cutting back on sweets, eating more fruits and vegetables, and limiting her portion sizes. Her next goal was to drop 10 percent of her start weight, or 25 more pounds. She started planning her meals for the week and packing healthy lunches to bring to work. She also began exercising for the first time in years. She took it slowly, walking for 15 to 20 minutes two or three nights a week. Then she found the courage to try Zumba. "I was intimidated at first because of my weight, but I liked to dance in high school, so I gave it a shot," Ashley says. "I loved it!"

Ashley's small but steady changes paid off. "It took me three years and three months, but I hit my goal weight on July 24, 2013, the day after my 26th birthday," she says proudly. Her success has since inspired her to take up running. She completed the Couch to 5K nine-week training program and now runs three times a week; she has also done two mini marathons. "My mom and my husband have been my biggest cheerleaders," Ashley says. "They see the smile that running puts on my face."

To help build muscle, she has added high-intensity strength training to her workout routine twice a week. And she still takes Zumba.

Ashley is encouraged not only by her slimmer body but also by her improved health. "I honestly feel better than I ever have before," she says. "I used to catch every cold, every flu. Now I rarely get sick. I'm so much healthier, stronger, and happier!" ★

"I never used to exercise at all," Ashley says. "Now I love to run races."

WHAT WORKED FOR ASHLEY

FITSPIRATION

Ashley keeps the belt she wore when she was 250 pounds on her bedside table as a reminder of how far she's come. (Her current belt size is an entire foot shorter.) She also put side-by-side before and after photos on her phone. "If I have a bad day, I can pull them up and see what I've accomplished," she says.

GETTING FRESH

She once avoided the produce aisle, but now Ashley heads there as soon as she gets to the supermarket. "The first time I shopped there, it was daunting, exactly like walking into the gym when I was just starting to exercise," she says. "Now I'm very focused on nutrition, and I eat a lot of fruits and vegetables. I have a piece of fruit with my breakfast, and I eat two or three servings of vegetables with lunch and dinner."

EXERCISE WITH A VIEW

Ashley loves to be outdoors. She goes for evening walks with her husband, signs up for races to keep her running sessions fun and interesting, and is even incorporating workouts into her vacations. "This past May, I ran a Ragnar, a two-day race with a team of 12 people, through Cape Cod," she says.



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– AIMEE MULLINS

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Think about it

Summer just started. The season is *wide* open. There's a lot of relaxing and lazing to be done, for sure, but you also want to use these days to make an impact on your life some way, somehow in the greater scheme. Yes? It doesn't take much, really. To get you started, we have some promises you might consider making to yourself. Or don't, but do create your own, before you wake up in late July and panic, Wait—where did my summer go?

I will buy and try the odd fruit or veg thingy I always see at the farm stand, pick up, consider, put down, and walk away from.

I will do at least one weekly workout outside while the sun rises.

I will ask a group of happy people playing beach volleyball if I can join in, rather than watching wistfully.

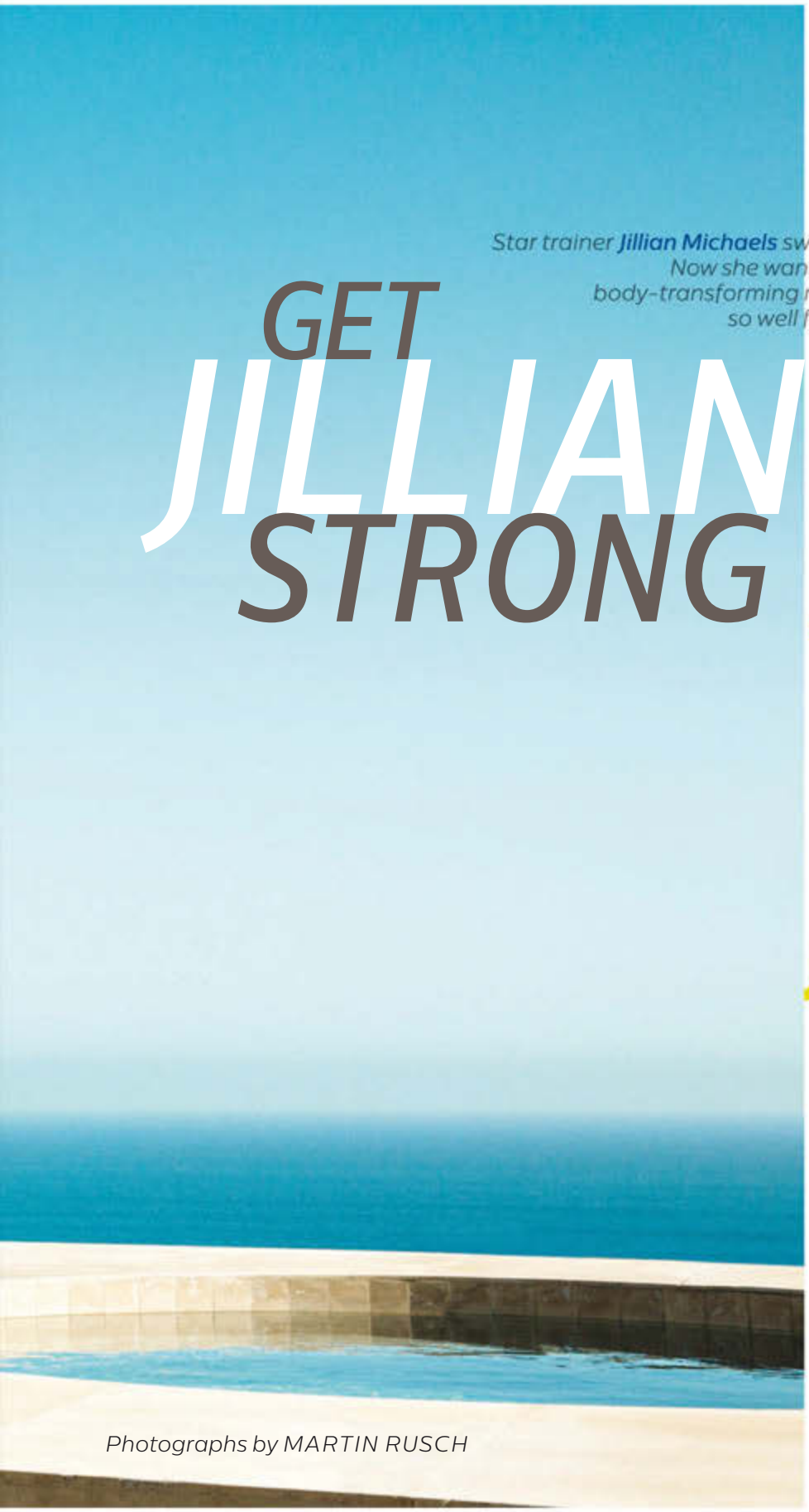
I will go to the park/sculpture garden/hiking trail/picnic spot/lake I've been hearing about forever and then promptly forgetting . . . until I hear about it again.

I will do three adventurous, potentially life-changing things that scare the daylights out of me. They may be (but are not limited to) rock climbing, signing up for an obstacle-course race, and learning how to road cycle confidently.

I will sleep under the stars. Or in a tent, or perhaps a little cabin, but I'll go out and lie under the stars.



Koral Activewear bra ($115, activewear.koral.com). **Alo Yoga capri leggings** ($72, aloyoga.com). **Nike sneakers** ($75, zappos.com).



GET JILLIAN STRONG

*Star trainer **Jillian Michaels** swears she's never looked or felt better. Now she wants to share the confidence-boosting, body-transforming moves and mantras that are working so well for her, so they'll do the same for you.*

By JACLYN EMERICK

Photographs by MARTIN RUSCH

More than 20 years in fitness—the last decade spent as America's original celebutrainer—have come to this. Jillian Michaels is the living, breathing badass billboard for her body of work. And here, the poster girl is giving up her secrets: "This is the routine I do myself." No double-digit dumbbells or fancy machines in sight. Michaels has distilled a kitchen sink of exercise disciplines—including movements from mixed martial arts, Pilates, gymnastics, and yoga—into a clean, lean approach that uses body-weight moves to hit the high-intensity zone, that fat-melting jackpot.

"Often, people hear *high intensity* and think, 'I'm not that fit, this isn't for me,' which isn't the case," she reassures. "Everyone can do a high-intensity workout, because what it means is simply going at *your* personal fitness peak, whatever level that is." Michaels, 41, did not rack up an undefeated record in her 12 seasons on *The Biggest Loser*—a gig she wrapped for good last year—by taking "No, thanks" for an answer. What you saw on-screen was the drill sergeant, but part of her magic touch has always been her ability to win the mind game. "When you feel strong and you accomplish something physical that you didn't think you were capable of, your heart and mind open up to many possibilities

"Years. It took me years to learn some of these moves. Plus patience and perseverance," says Michaels of sticking poses like the planche push-up here. Master her starting-point workout and, she says, "it will inspire you to strive toward new accomplishments."





Michi bra ($115, michiny .com). **Phat Buddha leggings** ($70, saks.com). Opposite page: **Athleta bikini top** ($54, athleta.com). **The Track&Field Store leggings** ($98, tfstore.com).

Styling by Audrey Slater; hair by Chloe Franke; makeup by Paige Padgett/Clouter Remix using Juara Skincare; manicure by Barbara Warner/Celestine Agency for Chanel

that previously felt out of reach in other areas of your life," she says.

Now a media mogul—as well as a mother, with partner Heidi Rhoades, to daughter Lukensia, 5, and son Phoenix, 3—Michaels has said she can no longer spare hours for the gym each day, and she doesn't. Witness her quick but oh-so-effective workout beginning on page 196. It follows the tenets of Michaels's evolved Bodyshred program: 30-minute body-weight and dumbbell workouts designed to shed fat, sculpt muscle, and boost your confidence. "The results I've seen with Bodyshred have been far superior to any program that I've ever created," she says. Yes, it really is her go-to. And no, she hasn't gone soft, as you can see here.

Michaels is in the best shape of her life, capable of performing some of the most challenging body-weight strength exercises out there, as she proved on our shoot. Don't worry, you won't be asked to do the airborne push-up below or any of the other strong-woman moves she's performing on the pages leading up to your workout They're inspiration shots. But never say never, nudges Michaels: Admire and aspire. This take-charge-of-your-life philosophy is what transformed the once overweight teen into the head of a wellness empire.

Here's where you get started—with her circuit of seven toners. "I like to train the body from as many different angles as possible and to use every modality available to do it," she explains. "That's why for some moves in this workout, you need explosive power; for others, control and balance are the focus." On top of that, each exercise targets multiple big-muscle groups, so you get maximum calorie-burning benefits.

Now about that high-intensity pace. "Challenge begets change," Michaels says; so you should try to bank as many reps during those 30-second sets as you can for *your* level, and modify as you need to (we'll show you how)."This workout will improve every aspect of your fitness," she promises. Picture what that feels like. Channel Michaels' locker-room rally speeches. Even hang some of these photos up in your bathroom for a little extra mojo.

"Consistency is the key to getting results. If you're pushing yourself to work beyond your comfort zone for four rounds four days a week with this routine, you'll notice that your body starts to change within the first two weeks." —*Jillian Michaels*





HOW TO FIND YOUR INTENSITY SWEET SPOT

For this routine, you want to work at 85 percent of your max heart rate to ensure that you burn the maximum number of calories, Michaels says. "What it takes to get to 85 percent is completely unique to you," she explains. For example, an advanced exerciser may power through the split jumps rapid-fire to reach that intensity level, while simply doing forward lunges will get a beginner there. To ballpark that 85 percent range, subtract your age from 220. That's your max heart rate (the maximum beats per minute your heart should pump during exercise). Then multiply that number by 0.85. (For a 30-year-old, for example, max heart rate is 220 minus 30, or 190 bpm; take 85 percent of that and you get 162 bpm.) Once you know your target bpm, wear a heart-rate monitor and try to stay on mark during each move.

The Track&Field Store bra ($69, tfstore.com). **Human Performance Engineering leggings** ($120, bandier.com). Opposite page: **Solow x Daniella Clarke bra** ($68, solowstyle.com). **Pheel capri leggings** ($94, pheel.com).

BODY by Jill

GET THIS WORKOUT ON YOUR IPAD
Watch Jillian's routine wherever you are with the *Shape* iPad edition. Go to shape.com/digitalnow for details. Or see it online at shape.com/shredmoves.

Your workout
Do as many reps of each exercise as you can for 30 seconds. Repeat the circuit until you've done four sets total. Do this routine four days a week on alternate days.

You'll need
A set of 3- or 5-pound weights is optional for one of the moves.



A/B↗
FOREARM CROSSOVER PUSH-UP
Works shoulders, triceps, abs

Start in plank with left palm on floor in front of chest, fingertips pointing right, and right palm in front of left, fingertips pointing left **[A]**. Bend elbows to lower body until forearms touch floor **[B]**. Push body up. That's 1 rep. Repeat for 30 seconds.

MAKE IT EASIER This move is very challenging, so drop to your knees to modify it if you need to, Michaels says.

A/B↙
BRIDGE REACH
Works abs, butt, quads, hamstrings

Lie faceup with knees bent, feet flat, and arms by sides. Lift hips so that body forms a line from shoulders to knees to start. Reach right arm up and back, pressing palm into floor at a diagonal **[A]**. Return to start position and repeat with left arm. Then, extend right leg at a diagonal, pressing outside of foot into floor **[B]**. Repeat with left leg. That's 1 rep. Continue alternating sides of arms and legs for 30 seconds.



A/B↘
GODDESS SQUAT JUMP
Works butt, quads, hamstrings, calves

Stand with feet hip-width apart, toes turned out, and arms by sides. Squat until butt is hovering above heels, hands clasped together with arms straight in front of chest **[A]** to start. Jump as high as you can **[B]**. Land in start position. That's 1 rep. Repeat for 30 seconds.

MAKE IT EASIER
Skip the jump.





A/B↗
L-SIT CURL
Works triceps, abs, butt, quads, hamstrings

Sit with knees bent, feet flat, and palms on floor next to hips. Press into palms to lift hips so that body comes into a tabletop. Lift and extend right leg diagonally up **[A]** to start. Keeping body lifted, pull hips down and back between arms (butt and right leg will hover about 1 inch above floor) **[B]**. Press back to start position. That's 1 rep. Continue for 30 seconds. Switch sides; repeat.



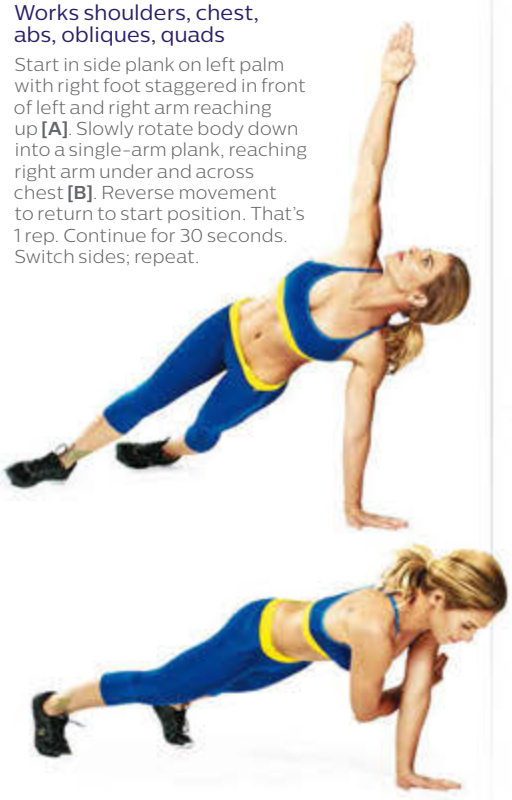
This page, below, and opposite page: **Impact by Jillian Michaels bra, capri leggings, and sneakers** ($17, $24, and $30, kmart.com).

A/B ↘

ROLLING PLANK

Works shoulders, chest, abs, obliques, quads

Start in side plank on left palm with right foot staggered in front of left and right arm reaching up **[A]**. Slowly rotate body down into a single-arm plank, reaching right arm under and across chest **[B]**. Reverse movement to return to start position. That's 1 rep. Continue for 30 seconds. Switch sides; repeat.



A/B →

WARRIOR III ANGEL

Works shoulders, back, abs, butt, quads

Stand with feet hip-width apart, arms by sides. Hinge forward from hips to lower torso until it's parallel to floor, raising left leg back and up so that body forms a T to start. Extend arms forward and rotate palms to face up so that pinky fingers touch **[A]**. Scoop straight arms around and back and rotate hands until thumbs touch above low back **[B]**. Return to start position. That's 1 rep. Continue for 30 seconds. Switch sides; repeat.

MAKE IT HARDER Hold a 3- or 5-pound weight in each hand.





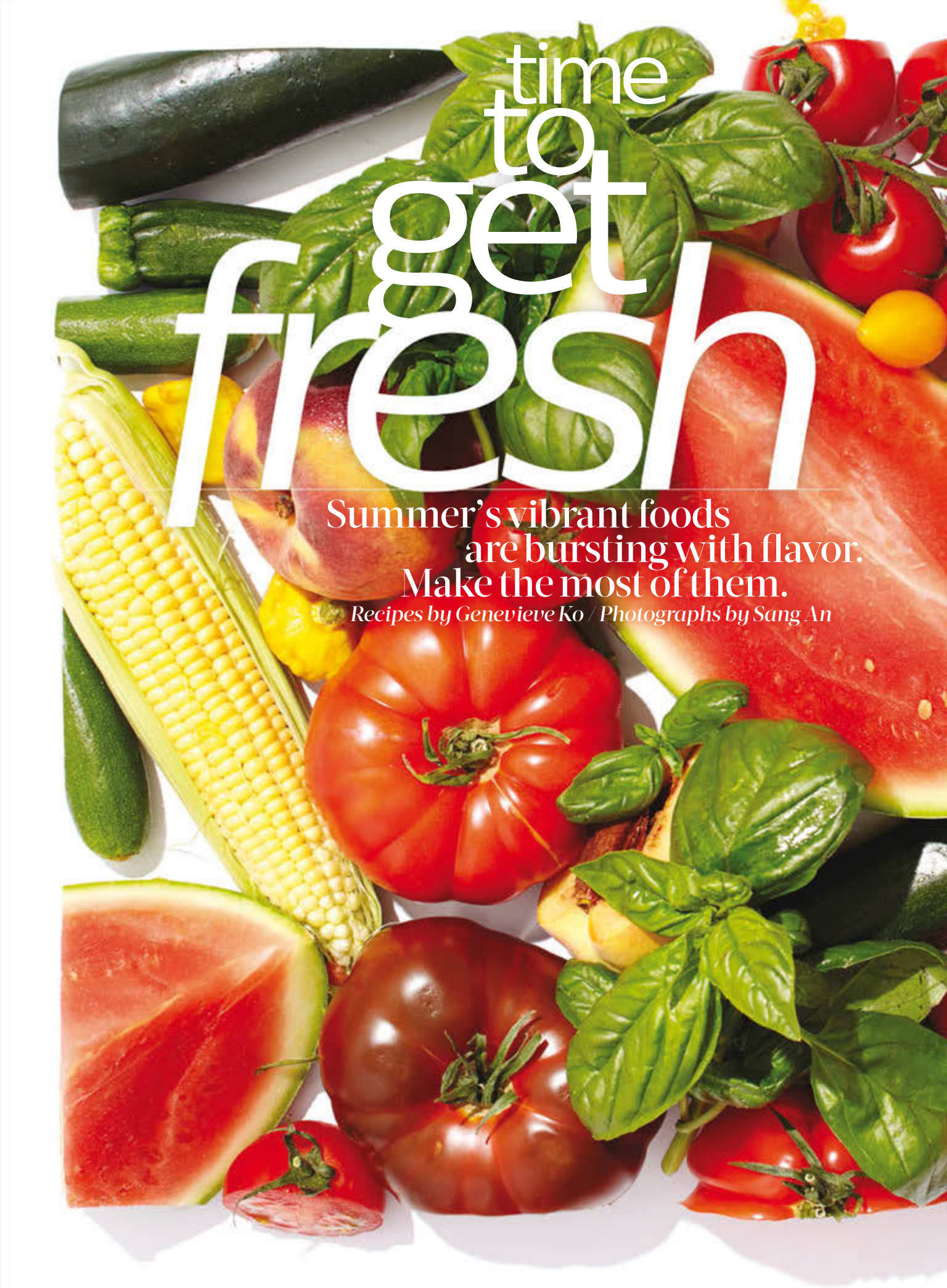
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SPLIT JUMP

Works abs, butt, quads, hamstrings

Stand with feet hip-width apart and arms by sides. Jump as high as you can, driving left knee and right arm forward and up, right heel toward your butt, and left arm back **[shown]**. Land in start position. That's 1 rep. Continue for 30 seconds. Switch sides; repeat.

MAKE IT EASIER Instead of jumps, do alternating forward lunges.



time to get fresh

Summer's vibrant foods are bursting with flavor. Make the most of them.

Recipes by Genevieve Ko / Photographs by Sang An



Strolling through the farmers' market for fresh fruit and vegetables is one of the pure joys of summer. Right now, you're seeing an abundance of luscious tomatoes, corn, peaches, zucchini, watermelon, and basil—the season's best, ripest offerings. So we created recipes that encourage you to shop your heart out and then take those ingredients to a whole new level of deliciousness. Feel free to mix and match and swap in some of your other seasonal favorites—the possibilities are endless.

Mediterranean-Spiced Tomato Salad

Serves: *6*

Cook time: *6 minutes*

Total time: *25 minutes*

- ½ cup hazelnuts
- 1 tablespoon coriander seeds
- 2 teaspoons cumin seeds
- 1 teaspoon fennel seeds
- 2 tablespoons sesame seeds
- ¼ teaspoon smoked paprika
- ¾ teaspoon kosher salt, plus more for seasoning
- 1 tablespoon ground sumac
- 1 tablespoon warm water
- 2½ pounds mixed heirloom tomatoes
- 2 tablespoons fresh lemon juice
- 1 tablespoon white wine vinegar
- 1 tablespoon honey
- 1 small garlic clove, minced
- 3 tablespoons extra-virgin olive oil
- 1 cup fresh flat-leaf parsley leaves
- 1 cup fresh cilantro leaves

1 In a skillet over medium heat, toast the hazelnuts, shaking the pan occasionally, until dark golden brown, 3 to 4 minutes, and then wrap nuts in a clean kitchen towel. To the same skillet, add coriander, cumin, and fennel seeds and toast, tossing, until fragrant, golden brown, and popping, about 45 seconds, and then transfer to a food processor. To the same skillet, add sesame seeds and toast, tossing, until evenly golden brown, about 1 minute, and then put them in a medium bowl.

2 Rub hazelnuts with the towel to remove most of the skin. Add to food processor with spices and pulse until nuts are chopped. Transfer mixture to the bowl with the sesame seeds; add smoked paprika and ½ teaspoon of the salt and stir.

3 In a large bowl, whisk sumac with warm water and set aside. Cut large tomatoes into ½-inch wedges and smaller ones (like grape and cherry) in half; set those aside as well.

4 To the sumac mixture, add lemon juice, vinegar, honey, garlic, oil, and remaining ¼ teaspoon salt; whisk together. Add tomatoes, parsley, and cilantro and gently mix. Season to taste with salt and top with the nut mixture. Serve immediately.

***Nutrition score per serving:** 205 calories, 16 g fat (1.7 g saturated), 15 g carbs, 5 g protein, 5 g fiber, 207 mg sodium*



Grilled Corn and Peach Pizza

Serves: *6*

Cook time: *22 minutes*

Total time: *50 minutes*

- 3 ears corn, shucked
- 2 large peaches, diced
- 1 tablespoon white balsamic vinegar
- 1 teaspoon fresh thyme leaves
- 3 tablespoons extra-virgin olive oil
- ¼ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 12 ounces whole-wheat pizza dough, divided in half
- 2½ cups ricotta
- 6 slices prosciutto

1 Heat an outdoor grill to medium high. Grill corn, turning occasionally, until blackened in spots and tender, about 12 minutes. Transfer to a cutting board. When cool enough to handle, cut off kernels.

2 Meanwhile, in a medium bowl, toss together peaches, balsamic vinegar, thyme, 1 tablespoon of the oil, salt, and pepper.

3 Roll each dough half into a thin rectangle. Rub 1 tablespoon oil on each piece, lightly coating both sides. Grill, turning once, until grill marks appear on both sides of the crust and dough is cooked through, about 10 minutes.

4 Divide ricotta between pizzas and spread evenly. Sprinkle with corn and peach mixture. Tear prosciutto into small pieces and place on pizzas. Serve immediately.

***Nutrition score per serving:** 455 calories, 23 g fat (9.9 g saturated), 44 g carbs, 20 g protein, 4 g fiber, 606 mg sodium*



Because your grill gets so much hotter than your oven, this crust tastes just as good as one from a pizzeria.



Make extra pickles and enjoy them on salads and sandwiches; they'll last about a week in the refrigerator. You can also quick-pickle cucumbers, onions, radishes, and peppers.

"Fried" Chicken With Pickled Watermelon and Tomatoes

Serves: *6*

Cook time: *20 minutes*

Total time: *1 hour*

- ½ baby seedless watermelon
- 2 pints yellow grape tomatoes
- 4 basil sprigs, plus more leaves, thinly sliced, for serving
- ½ teaspoon red pepper flakes
- ¾ cup apple cider vinegar
- 1 tablespoon sugar
- ½ cup water
- 2 tablespoons plus ¼ teaspoon kosher salt
- 1 lemon
- 1¼ cups panko bread crumbs
- 2 tablespoons canola oil
- 2 teaspoons Old Bay seasoning
- 12 chicken tenders (about 1½ pounds)
- ¼ cup buttermilk
- ¼ teaspoon black pepper

1 Preheat the oven to 425°. Line a rimmed baking sheet with foil and place a rack on it.

2 Cut away watermelon peel, leaving ¼ inch of the white rind, and slice into 3-by-½-inch spears. Cut a small slit in each tomato. To a large bowl, add tomatoes, watermelon, basil sprigs, and red pepper.

3 In a medium saucepan, combine vinegar, sugar, water, 2 tablespoons of the salt, and a strip of lemon peel (remove with a vegetable peeler). Bring to a boil, stirring, and then pour over the watermelon and tomatoes; fold gently to coat. Set aside while you prep chicken, stirring occasionally.

4 In a shallow dish, stir together bread crumbs, oil, and Old Bay seasoning. In a medium bowl, combine chicken, buttermilk, ¼ teaspoon salt, and black pepper and mix to coat. Dredge chicken in bread crumb mixture; press to adhere. Bake on rack until cooked through and golden, 15 to 20 minutes.

5 Slice chicken and arrange on six plates with pickles. Garnish with basil and lemon zest; serve with lemon wedges if desired.

* ***Nutrition score per serving:*** *256 calories, 8 g fat (1.1 g saturated), 16 g carbs, 28 g protein, 1 g fiber, 661 mg sodium*

Food styling by Christine Albano/BrumiConlon; prop styling by Emily Mullin/Kate Ryan, Inc.



MEET SOME NEW FARM FOODS

Foreign, even funny looking, yes, but so worth adding to your summer dining rotation.

Sun jewel melon

This variety is sweet and crisp, and it's packed with vitamins A and C and fiber. Use it in smoothies and salads, or blend it with coconut milk to make a cold soup.

Dragon tongue beans

Don't let their name scare you. These colorful beans are in the same family as peas and lentils and are high in protein. You can eat the entire pod (there's no need to shell). To keep their vibrant purple spots from fading, try them raw or barely cooked as crudités or in a grain bowl.





Okra

The high-fiber veggie pairs well with strong flavors, making it perfect for Indian dishes or in gumbo. It contains a substance that acts as a natural thickener; this is what gives okra its reputation for being slimy. Cooking okra whole prevents this liquid from being released. Roasting, rather than sautéing or steaming, can also help keep it dry.

Ground cherries

Also called husk cherries because of their papery wrapping, these relatives of the tomatillo have a sweet-tart taste, similar to pineapple with a hint of tomato. They're typically used in jams or pies but also work well in salads and salsas. Just be sure to peel off the wrapper (it's toxic) and wait until the fruit is yellow-orange before you eat it.





Kohlrabi

This knobby vegetable in the cabbage and broccoli family is a nutritional powerhouse, loaded with vitamins, minerals, and phytochemicals, which studies show may help prevent cancer. Kohlrabi comes in green and purple varieties, tastes slightly sweet, and has a crunchy texture. Look for small bulbs; chop them up to use raw in a slaw or to roast with a little olive oil.

Garlic scapes

The stems of garlic plants, these green curlicues have a mild garlicky flavor. Blend them with nuts, cheese, and oil to make pesto; swap them for onions or garlic in recipes (just use more, because their taste is not as strong), or cut them up and add to stir-fry.





Pattypan squash

Also called scallop squash because of its curvy edges, this antioxidant-packed summer vegetable tastes rich and buttery. Choose small pattypan squash, which are the tenderest, and either cook them whole or chop them into bite-size pieces before roasting, pickling, frying, or grilling. Or, you can hollow out the squash; stuff it with cheese, more veggies, or grains (or a mixture of all three); and bake.

Illustrations by KEITH SKEEN



Basil-Wrapped Scallop and Peach Skewers

Serves: *6*

Cook time: *8 minutes*

Total time: *45 minutes*

- 3 tablespoons extra-virgin olive oil, plus more for seasoning
- 1 teaspoon Aleppo pepper, or a mix of 4 parts paprika and 1 part cayenne pepper, plus more for seasoning
- 1 teaspoon kosher salt, plus more for seasoning
- 1 lime
- 2 pounds large sea scallops
- 2 large peaches, cut into ½-inch wedges
- 1 cup large basil leaves, packed

1 Heat an outdoor grill to medium high. In a large bowl, combine oil, pepper, and salt. Zest the lime directly into the bowl and whisk to combine. Cut the lime into 6 wedges; set aside.

2 Remove the tough muscles from scallops and pat scallops dry. Add to the oil mixture, along with peaches, and toss gently to coat.

3 Wrap a scallop in a large basil leaf and skewer it. Add a basil leaf and then a peach wedge to the skewer. Continue adding basil-wrapped scallops, basil leaves, and peaches to skewers.

4. Grill, turning once, until scallops are charred and just cooked through, 6 to 8 minutes. Transfer to serving plates. Drizzle with oil and sprinkle with salt and pepper to taste. Add lime wedges to plates and serve immediately.

***Nutrition score per serving:** 239 calories, 10 g fat (1.3 g saturated), 11 g carbs, 26 g protein, 1 g fiber, 477 mg sodium*

Grilling peaches intensifies their sweetness and makes them even juicier.

Grilled Zucchini and Haloumi "Lasagna" With Peppadew Vinaigrette

Serves: *6*

Cook time: *14 minutes*

Total time: *1 hour*

- 1 cup Peppadew peppers
- 2 tablespoons red wine vinegar
- 1 tablespoon Dijon mustard
- 1 tablespoon honey
- 1¾ teaspoons kosher salt
- ½ teaspoon freshly ground black pepper
- 7 tablespoons extra-virgin olive oil
- 3¼ pounds large tomatoes, such as beefsteak, cut into ¼-inch-thick rounds
- 2 pounds zucchini (about 5 medium), cut on an angle into ¼-inch-thick slices
- 1 pound yellow squash (about 3 medium), cut on an angle into ¼-inch-thick slices
- 1 pound haloumi cheese, cut into ½-inch-thick slices

1 Heat an outdoor grill to medium. In a blender, combine peppers, vinegar, mustard, honey, ¼ teaspoon of the salt, and ¼ teaspoon of the pepper; blend until smooth. With blender running, add 3 tablespoons of the oil.

2 Line 2 large baking sheets with paper towels. Arrange tomato slices on paper towels in a single layer, sprinkle with 1 teaspoon of the salt, and set aside. On a large rimmed baking sheet, toss zucchini and squash with 2 tablespoons of the oil, remaining ½ teaspoon salt, and remaining ¼ teaspoon pepper. On another rimmed baking sheet, rub haloumi with remaining 2 tablespoons oil.

3 Grill zucchini and squash, turning once, until tender and grill marks appear, about 10 minutes. Return to the same pan. Grill haloumi, turning once, until grill marks appear, about 4 minutes. Return to the same pan. Blot tomatoes dry with additional paper towels.

4 In an 8-inch-square pan, layer ingredients in this order: a quarter of the tomatoes, half the zucchini, 2 tablespoons dressing, a quarter of the tomatoes, 2 tablespoons dressing, all the yellow squash, 2 tablespoons dressing, all the haloumi, a quarter of the tomatoes, 2 tablespoons dressing, remaining zucchini, 2 tablespoons dressing, remaining tomatoes, and remaining dressing. Press down firmly but gently. Slice and serve at room temperature.

***Nutrition score per serving:** 507 calories, 37 g fat (15.7 g saturated), 25 g carbs, 22 g protein, 5 g fiber, 1,486 mg sodium*





Fresh Corn–Cookie Pistachio Ice-Cream Sandwiches

Serves: *6*

Cook time: *18 minutes*

Total time: *1 hour*

- ½ cup all-purpose flour
- ¼ cup fine yellow cornmeal
- ⅛ teaspoon baking powder
- ⅛ teaspoon baking soda
- ⅛ teaspoon salt
- ¼ cup sugar
- 1 lemon
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon milk
- 1 tablespoon honey
- 1 large egg yolk
- ¼ teaspoon vanilla extract
- ½ cup fresh corn kernels (from 1 ear)
- 1½ cups pistachio ice cream

1 Preheat the oven to 350° and line a large baking sheet with parchment paper.

2 In a small bowl, whisk together flour, cornmeal, baking powder, baking soda, and salt. Add sugar to a medium bowl and zest lemon directly into bowl; whisk to combine. Add 1½ teaspoons lemon juice to sugar and whisk in oil, milk, honey, egg yolk, and vanilla until smooth. Stir in corn kernels. Add flour mixture to wet ingredients and gently fold until just combined.

3 Drop 12 mounds of dough (about 1 generous tablespoon each) onto the prepared baking sheet, about 2 inches apart. With damp hands, flatten each mound into a 1¾-inch round. Bake until bottoms are golden brown and cookies are set, 15 to 18 minutes. Cool sheet completely on a wire rack. The cookies can be kept in an airtight container at room temperature for up to 3 days.

4 Meanwhile, line a rimmed baking sheet with parchment paper. Scoop ¼ cup ice cream into a round biscuit cutter the same diameter as the baked cookies (about 2½ inches) and spread flat. Lift off the biscuit cutter. Repeat to make 6 disks of ice cream and freeze until firm. When ready to serve, use a spatula to center ice-cream disks on the flat sides of 6 cookies. Sandwich with the remaining 6 cookies and serve immediately.

***Nutrition score per serving:** 260 calories, 12 g fat (3.3 g saturated), 34 g carbs, 4 g protein, 1 g fiber, 115 mg sodium*

What really, *truly* makes us happy

We know tons of money doesn't do it. Thank God. But at a time when stress, tech, and the pace of modern life are slowly stealing our happiness, as new research shows, the need to discover the sources of genuine bliss is more urgent than ever.

By Stephanie Dolgoff

OF COURSE YOU WANT TO BE HAPPY. WHO DOESN'T?

Even if you consider yourself to be reasonably happy already, odds are you wouldn't mind being more so. "It's a natural inclination, part of human nature," says Tal Ben-Shahar, Ph.D., a lecturer on positive psychology and the author of *Choose the Life You Want*. But the sad fact is, Americans are less happy than we used to be. According to the latest Harris Interactive Poll, only a third of us say we're "very happy," down from 2008. "More and more science is showing an increase in depression and anxiety among people in the U.S.," Ben-Shahar says.

The demands of our busy, stressful lives and worries about finances are contributing to our malaise, experts say. "But even more so is our overreliance on and overuse of technology," Ben-Shahar explains. "The number-one predictor of happiness is the amount of time we spend with people who care about us, and social media and the Internet increasingly take us away from that. Technology in moderation is great, but having 1,000 Facebook friends is still no substitute for one really good friend who's there for you."

It's no wonder, then, that we're devoting time, energy, and money to pursuits we hope will land us in Pharrell's "room without a roof." Not only does feeling good feel, well, *good*, but it also bestows an unlimited buffet of benefits on those who experience it, compelling research shows. Happy people live longer and are healthier than not-so-happy people. They deal with stress better and have better relationships and marriages. And they tend to make more money.

That's why happiness experts have been searching for ways to apply all the information about the lifestyles of the happy to everyone else, even those who weren't dealt the best hand to begin with. Because while genetics plays a big role in your happiness, about 40 percent of it is influenced by the activities you choose and how you respond to situations in your life. →

Hair and makeup by Lisa Mortensen/Kim Dawson Agency; on-set styling by Kosha Pippin. Azure Skies top, AG shorts, Converse sneakers

Photographs by MATT HAWTHORNE





What real happiness looks like

To be happy, you need to know what happiness is—and, just as important, what it's not, says Kennon Sheldon, Ph.D., a psychology professor at the University of Missouri who studies goals and personal well-being. "People tend to confuse happiness with possible *causes* of happiness," Sheldon notes. "Take the saying 'Happiness is a warm puppy.' Getting a warm puppy might make you happy—or it might not," he says. Happiness is not the puppy itself but the sustained life-is-good feeling that you hope the puppy will elicit in you.

Put another way, happiness is a combination of overall life satisfaction and having more positive emotions than negative ones. To increase your happiness, Sheldon says, you want to fill your hours with activities and interactions that contribute to these feelings, and as much as possible, purge your life of the stuff that detracts from them. That's why the puppy is beside the point. What's important is the enjoyment of walking the puppy, the feeling of competence you get when you train him, or the sense of belonging that comes from hanging out at the dog park with like-minded puppy lovers. All of this contributes to a sense that life is worth living.

Happiness is also not the initial elation that comes with a positive event, such as getting a new job, buying a house, or reaching a weight-loss goal. "These things are a temporary high," Ben-Shahar says, and your happiness level goes back to normal in a month or two. This phenomenon is called hedonic adaptation, and it means that as you quickly get used to the new state of affairs, it makes you less happy than it did at first. "There's a very strong belief that the more successful you become, the happier you'll be," Ben-Shahar says. "There's actually no such cause and effect." He chalks up this belief in part to the natural human instinct we have to accumulate and hoard, a holdover from our cave-woman days. Even when we have what we need, we believe more will make us happier. And while working toward goals such as a high-level job is definitely a good thing, Sheldon says, the achievement of the job is not what brings happiness—it's what you do with the job and the satisfaction you glean while in pursuit of it. "It's a cliché but it's true: Happiness is a journey, not a destination," he says. What you need is not to "get to" a goal to be happy but to continually pepper your life with satisfying experiences.

Nor is real happiness a sense of perpetual perkiness. "Happiness means that you have an overall feeling that your life is going well; it doesn't mean you never have a bad day," says Kristin Layous, Ph.D., a postdoctoral researcher at Stanford who has coauthored several papers on things you can do to feel happier. "We're not talking about people who are overly chipper; sometimes the happiest people are not going around with the hugest smiles. Positive emotions include things like gratitude or sitting contentedly with your cup of tea," she explains. And while feelings of pleasure can contribute to happiness, that's most likely to be true if the activity that gave you those warm feelings holds special meaning for you. Sheldon agrees: "The more you think your life is meaningful, that it has purpose and value," he says, "the happier you'll be."

Find your happy place

Fortunately, there are plenty of concrete and easy ways to increase happiness. Layous and others have done a lot of research into what they call positive activity interventions, or PAIs, and people who have practiced them tend to see an uptick in their overall contentment. Modeled on the habits of the naturally happy, they include things like writing letters to yourself and other people outlining what you're grateful for; mentally counting your blessings; performing acts of kindness; doing things that reinforce your values (such as helping others, if you feel strongly that community involvement is part of what makes you a decent person); and thinking about how good



"The more you think your life is meaningful, that it has purpose and value, the happier you'll be."

HAPPY PEOPLE LIVE LONGER, HAVE BETTER RELATIONSHIPS, AND MAKE MORE MONEY THAN NOT-SO-HAPPY PEOPLE.

you feel about people in your life. One meta-analysis found that these activities significantly increase happiness: Sixty-four percent of the people who performed PAIs reported a boost in well-being, as opposed to only 36 of the people who didn't do them.

PAIs work because they create opportunities for positive emotions that might not arise on their own. "They help us take the positive events in our lives and appreciate and notice them," Layous explains. "That's what happy people do—they savor the good stuff and think about things optimistically." PAIs are the way the rest of us can learn to do the same thing.

These little bliss hits can contribute to an upward spiral of happiness: Say that a couple of days a month, you tutor children who need help reading, because you like children and you feel it's important to give back. The kids' teachers and parents appreciate your help, and you feel a sense of helping to make the world a better place. You discover you really have a way with children, which increases your sense of self-worth, something your go-nowhere job has been eating away at. Maybe you're not stuck! Your happy feelings motivate you to get a teaching degree, and at the desk next to you in grad school you meet the love of your life. This may seem oversimplified, but it shows how much PAIs can impact your outlook in the long and short term, Layous says.

There is such a thing as overdoing PAIs, although researchers are still figuring out the correct "dosage." One of Sheldon's studies found that participants who counted their blessings only once a week for six weeks saw a bigger jump in their well-being than those who did it three times a week, suggesting that it can become more of a drag than a positive experience if you have to do it too often. It also has to be a PAI that you genuinely enjoy. "Really shy people might not want to perform acts of kindness for strangers, like buying a cup of coffee for the person behind them in line," Layous says, "because the stress of being social might outweigh the joy in making someone else happy."

You can also come up with your own PAIs—some activities that feel right for you, experts say. Whichever PAIs you choose to do, here are some tips on how to do them in order to get the biggest happiness bump.

Mix it up. Write someone a thank-you note one day; notice good things that happen to you on another. Just as people tend to adapt to life changes, repeatedly using the same exact method to boost your happiness will probably cause it to stop working.

Do it voluntarily. Your mom or even your inner critic telling you that you "should" count your blessings so that you realize how lucky you are will make it feel like work. Pick a PAI that suits your personality and decide on your own to do it.

Put in a little effort. In one of Layous's studies, people who invested more time and energy in writing a gratitude letter saw a bigger happiness lift. Instead of quickly jotting down a few sentences, take 20 minutes and really put some thought into what you want to say.

Make it a habit. Think of PAIs as you would a yoga practice or a workout schedule. "If you went to the gym one time, you wouldn't expect to maintain your fitness level over weeks and weeks," Layous says. "Likewise, you have to continue doing PAIs. Over time, they'll become second nature."

Keep it feeling new. Even though the happiness that came from buying that new iPhone didn't last, if you can use it in meaningful ways—say, sharing photos with friends—you can stave off hedonic adaptation, Sheldon says. The same goes for any positive change you make. If you move to California because you want to be able to surf more, and that stops making you as happy as it used to, find a new beach or join a surfing group to make more of the experience. "Keep interacting with what makes you happy on a daily basis," Sheldon says, "changing it up as needed, and it will continue to give you a positive experience." ★



COLOR THEORY
Orange has an innate warmth and energy that can put you in a positive mood, says color expert Leatrice Eiseman, the executive director of the Pantone Color Institute.

Bright, fresh, and energetic—that's the look of summer. But no need to get complicated; a single punch of pigment does it.

A POP

cheeks

Don't be gun-shy with blush. "It has the power to illuminate your entire face," says Melissa Silver, a makeup artist for Maybelline New York. Megawatt hues like this tangerine and fuchsia flatter everyone, she says: "Orange instantly warms up your complexion, and a hot pink builds on the natural tone you get after working out." For the most impact, use a tapered blush brush to apply a matte powder (which tends to pack the most pigment) to the apples of your cheeks—"that's where you flush naturally," Silver says. For a dewy effect, try a cream. Dab some onto cheeks with your ring finger, blending until it melts into skin. Dust a translucent powder on top to lock the color in place when the mercury rises.

Lorac Baked Matte Satin Blush in Flaunt ($24, loraccosmetics.com). **Opposite page: Make Up For Ever HD Blush in Tangerine** ($26, sephora.com).



COLOR THEORY
Fuchsia's blue undertones keep pink sophisticated, Eiseman says, "while still coming across as sensual."



of COLOR

By Kelsey Castañon / Photographs by Arthur Belebeau



COLOR THEORY
Studies show the body reacts physiologically to green—it denotes nature, making you breathe more deeply, Eiseman says.

eyes

The key to wearing an electric shade on lids: Pair it with just mascara—that's all you need, Silver says. Bring out your baby blues or brighten brown eyes with a thin swipe of forest green pencil liner along the upper lashes. "You can build on it to saturate the shade, or smudge it out to soften the effect." Or swap your neutral shadow for a blue-based purple, like lilac. "It spotlights the whites of your eyes, making them look bigger and fresher," Silver explains. Apply the hue from your lash line to just above the crease, tracing the leftover color underneath your bottom lashes.

Revlon ColorStay Eye Liner in Jade ($8, drugstores). **Opposite page: MAC Cosmetics Eye Shadow in Stars N' Rockets** ($16, maccosmetics.com).



COLOR THEORY
Long touted by makeup artists as the most universally flattering color, purple brings out the best in all eye shades.

ADDING A DROP OF H_2O TO YOUR EYE SHADOW CAN INTENSIFY THE PIGMENT.



lips

Like any great summer fling, bold lip shades are easy, fun, and completely noncommittal. "You can wear a playful and feminine pink during the day and a red-hot shade at night," Silver says. Try a bright berry gloss, and to prevent your hair from catching at every summer breeze, fill lips in with a pencil liner first. "That dilutes the formula to keep stickiness at bay and adds a base to keep it from melting off in the heat," Silver says. For the cherry wine–stained look above, pat on a matte formula with your ring finger to create that effortless, just-been-kissed effect, she says.

Maybelline New York Color Blur Matte Pencil by Lip Studio in Berry Misbehaved ($9, drugstores).
Opposite page: Smith & Cult The Shining Lip Lacquer in Her Name Bubbles ($22, neimanmarcus.com).

COLOR THEORY
Red has an intrinsic excitement. "Wear the color on your lips and you're saying 'I want your attention,'" Eiseman says.

Makeup by Frances Hathaway/Jump Management for Nars; hair by Mlok/Judy Cosey, Inc., for Oribe Hair Care; manicure by Sandra Hopp/Jump Management for Nars; prop styling by Sonia Niki. Page 211: DKNY sunglasses



COLOR THEORY
Pink can run the gamut from pale to eye popping: Light shades read as romantic, deep ones as sensual, Eiseman says.

57% *OF MEN ADMIT THAT A BRIGHT LIPSTICK MAKES THEM STARE AT YOUR LIPS, SPARKING THEM TO GO IN FOR A KISS.*

SOURCE: Revlon and Zoosk poll



MUSIC *GETS YOU* FITTER

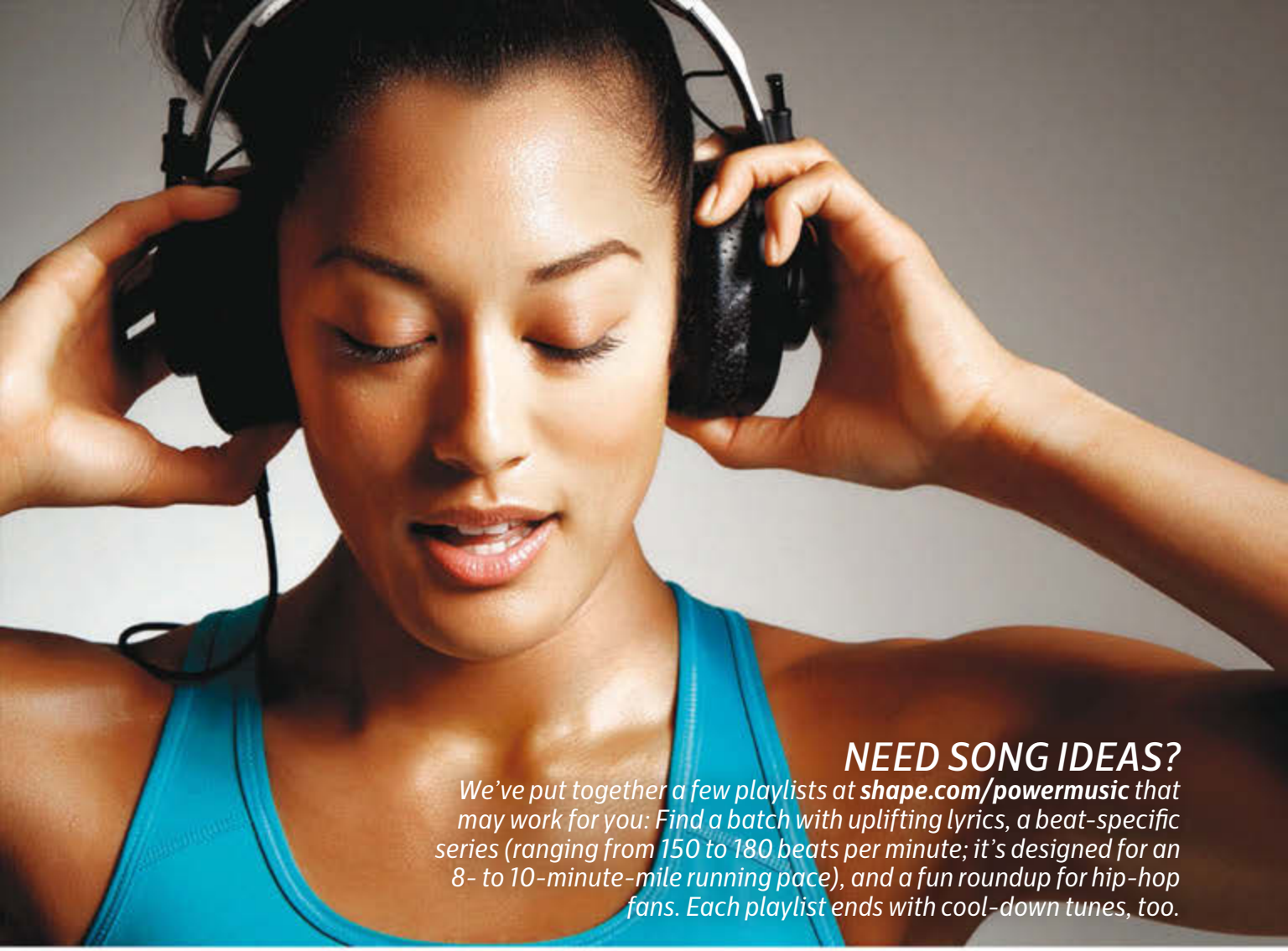
Consider it your secret workout weapon: When it comes to burning calories, toning up, and recovering quickly, new research says the songs you listen to before and after your cardio or strength session are just as important as what you rock out to while you sweat.

By Marjorie Korn

Photographs by Arthur Belebeau



STEAL HER STYLE **Master & Dynamic** headphones. **Monreal London** jacket. **Nike** bra. **Public Myth** leggings. **New Balance** sneakers.



NEED SONG IDEAS?

*We've put together a few playlists at **shape.com/powermusic** that may work for you: Find a batch with uplifting lyrics, a beat-specific series (ranging from 150 to 180 beats per minute; it's designed for an 8- to 10-minute-mile running pace), and a fun roundup for hip-hop fans. Each playlist ends with cool-down tunes, too.*

Music is powerful.

You've always known this intuitively. A playlist—even a single song—can urge you to push harder or it can completely kill your workout buzz. But now, thanks to functional MRI scans and new research on the way music affects the body, scientists have a better understanding of how a specific sequence of tunes can make a big difference in your fitness achievements. They've discovered that putting together the right playlist can boost your performance through every stage of your workout, amping up your motivation before you even start, driving you once you're there, and speeding your recovery after you've finished. Learn how to line up that perfect playlist, and plug into it each time you hit the starting line or gym—you'll see your race time drop, your endurance improve, and your strength level rise. Here's how it works.

START STRONG

Finding your mojo is as simple as listening to one song that you've conditioned yourself to associate with energy and positivity, new research found.

Select a tune with an uplifting message that makes you want to move. Beats per minute don't matter all that much at this point, says Hope Young, a music therapist in Austin, Texas. The goal: Train your brain to know that when you hear that song, you're going to work out. Listen. Exercise. Repeat. The automatic association should kick in after about two weeks, she says.

What you're doing is forging a connection between the song and your drive. "This happens in the brain's limbic system, which helps regulate emotions, stores memories, and controls hormonal releases such as adrenaline and cortisol—which play a role in increasing cardiorespiratory activity and helping your body adjust to exercise," explains Bruce Miller, M.D., a



professor of neurology at the University of California, San Francisco, School of Medicine. You want to reach the point at which hearing the tune accelerates your heart rate and breathing, even when you're sitting on the couch.

This get-up-and-go effect takes only one song, but Young suggests cueing up three more energizing picks to keep your motivation cranked while you stash your stuff in a locker.

GO HARDER AND LONGER

Listening to a song while you sweat can rev your heartbeat so much that it mimics the effect of a legal performance-enhancing drug, according to research from the *Review of Sports and Exercise Psychology*. The list of music's benefits goes on: It can improve your endurance, strength, and power while making you feel as if you're not working as hard, possibly because the songs distract you from obsessing over the burn. And good tunes act as a stimulant, heightening that happy, I-can-do-anything mental state, so you not only think you can give a little more but also *want* to, study authors say.

In fact, the right song can make running on a treadmill feel 10 percent easier because music makes it seem like more fun, researchers from Brunel University in London found.

"Music drowns out your stream of consciousness," explains Mark Tramo, M.D., a neurologist at the University of California, Los Angeles. "This is especially helpful during uncomfortable anaerobic exercise [for example, intervals], which can trigger that little voice in your head to convince you to quit." There's more: "Music decreases the production of lactic acid, which creates the burning sensation in your muscles and forces you to slow down or stop what you're doing," Dr. Tramo adds. "It lets you exercise at a higher intensity for longer, which can help you lose more weight over time."

And the impact goes beyond cardio. A group of undergrads in the U.K. were asked to hold a weight at shoulder height for as long as they could, listening to music of their choice for part of the time, the whole time, or not at all. Those who listened for the duration fared best. You may never test how long you can hold a weight, but self-selected tunes may help you do a few more kettlebell swings.

The right playlist can also help you form and maintain an exercise habit. Researchers at Brunel found that regular attendance for a weekly strength-training session rose 20 percent when participants listened to music during the workout.

Rather than throw 100 songs you like into a mix and set it to shuffle, plan your playlist scientifically. First, think about your duration. If you typically hit a wall 25 minutes into a run, drop in a high-octane song at that point for the energy to plow through. If you want to kick it hard for the last quarter mile, save one jam that you associate with going for broke, Young suggests.

Also consider tempo. In any activity, the best songs have a beat that matches your pace, Dr. Tramo explains. So your running playlist will probably contain songs with a higher average tempo than your strength-training lineup.

Meaning matters too. In a Brunel study, runners were told to race a 5K while listening to slow music (80 to 100 beats per minute) or fast music (140 to 160 bpm). "Regardless of tempo, exercisers ran faster while listening to music that they found motivational," study author Marcelo Bigliassi says. Motivation includes lyrics, melody, and overall energy. For some, it could be Tchaikovsky's *1812 Overture*; others might respond better to Taylor Swift's "Shake It Off."

If you have a great workout, you'll build an association between that and what you were sweating to. The more you hear the playlist, the stronger the association. But if you get sick of a song, it will lose its potency. Just swap in a new one that you connect with, Young says.

BOUNCE BACK FASTER

Exercise tears down muscles. Recovery is when you rebuild them (it's how you get faster, stronger, better). "After a workout, the parasympathetic nervous system slows your heart rate," Bigliassi explains. The faster you get to a resting rate, the faster your muscles recover (you'll feel less sore in the 24 to 48 hours after).

To see how tunes affect this, Bigliassi had athletes run a 5K. Parasympathetic activity rose in those who listened to calm music afterward, and they recovered 10 to 15 percent more quickly following the run than those who listened to fast music or none.

Your playlist can also spur you to spend more time cooling down. (This helps flush lactate out of your system, regulate circulation, and prevent blood from pooling in muscles.) An Israeli study found that athletes who listened to music after exercise walked around longer to get their heart rate down than those who didn't tune in.

"Cool-down music should be calming and slow," Young says. You'll take longer to recover from a HIIT bout than you would a jog, so base its duration on how hard you exercised. End with a song or three that chills you out to return to a resting state while you walk, foam roll, and stretch—and prep for your next successful session. ★

Is your song workout-worthy?

CHECK FOR THESE SIX ATTRIBUTES WHEN SELECTING MUSIC TO POWER YOUR ROUTINE.

1. The rhythm is strong and energizing.
2. Its lyrics are motivational. These associate with the exercise you're doing; so playing Salt-N-Pepa's "Push It" while you do push-ups fills the bill.
3. The tempo matches the speed at which you're working.
4. It sounds generally uplifting.
5. You associate it with working out, sports, or success.
6. Overall, you're a fan of the sound or the genre.

SOURCE: A review of research, published in *The Sport Journal*

Hair by Hervé/Sarah Laird & Good Company for Davines; makeup by Munemi Imai for Mushkin.com at Honey Artists; manicure by Martha Fekete using Chanel le Vernis

Start shopping! Download the free Love My *Shape* app and scan the page.

A pop of color

Swipe on the season's saturated shades.

By KELSEY CASTAÑON

1 **YSL Baby Doll Kiss & Blush in No. 1 Fuchsia Desinvolte** ($40, yslbeautyus.com). **Burberry Lip & Cheek Bloom in Purple Tulip No. 11** ($30, burberry.com).

2 **Urban Decay Afterglow 8-Hour Blush in Bang** ($26, sephora.com). **Lancôme Blush Subtil Crème in Coral Alize** ($24, lancome-usa.com).

3 **Dior Addict Lip Maximizer in Pink** ($33, dior.com). **Givenchy Le Rouge-a-Porter in Rose Avant-Garde** ($36, barneys.com).

4 **Circa Color Focus Eye Shadow Palette in Visionary** ($12, walgreens.com). **Clinique Chubby Stick Shadow Tint for Eyes in Portly Plum** ($17, clinique.com).

5 **L'Oréal Paris Infallible Pro-Last Lipcolor in Forever Candy** ($13, drug-stores). **Covergirl Outlast Longwear Lipcolor in Red Rogue** ($9, drugstores).

6 **Smashbox Always Sharp Crayon Eye Liner in 3D Pacific** ($20, smashbox.com). **Sephora Collection Retractable Waterproof Eyeliner in Green** ($13, sephora.com).



Prop styling by Sarah Guido-Laakso/Halley Resources

Photograph by CLAIRE BENOIST

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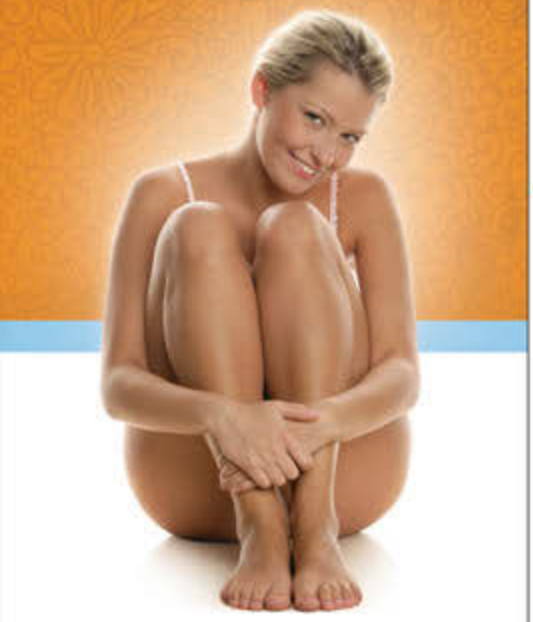
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WHAT *RATE OF PERCEIVED EXERTION* (RPE) MEANS

RPE is used to gauge your intensity in cardio workouts. Here is what the numbers in our fitness stories indicate.

RPE

1, 2	**Very easy**; you can converse with no effort.
3	**Easy**; you can converse with almost no effort.
4	**Moderately easy**; you can converse comfortably with little effort.
5	**Moderate**; conversation requires some effort.
6	**Moderately difficult**; conversation requires quite a bit of effort.
7	**Difficult**; conversation requires a lot of effort.
8	**Very difficult**; conversation requires maximum effort.
9, 10	**Peak effort**; no-talking zone.

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Soccer star Alex Morgan tears up the turf

By SARA ANGLE



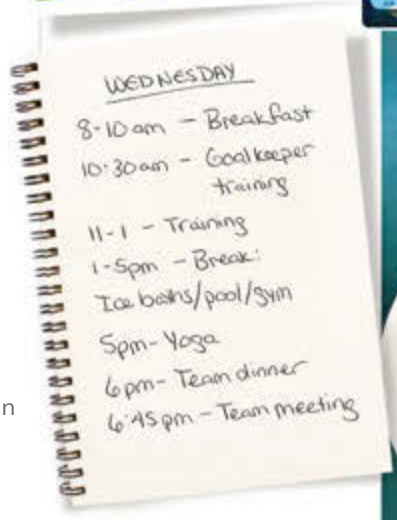
Though you wouldn't know it to look at her out of uniform, this smiley woman is one hard-charging take-no-prisoners soccer phenom (she's a forward for the U.S. Women's National Team). Yet ask her what the biggest compliment she can get on her game is, and she'll tell you it's that she plays like a girl. "I'm out to reinvent that phrase into something that's celebrated," she says. "I want it to have a girl-with-mud-on-her-face swagger." Watching Morgan, 26, gear up for the Women's World Cup this summer, we have no doubt she'll succeed in doing exactly that. She'll also inspire you to live as fearlessly as she does, and to have as much fun. Here's why.

Even her thighs have their own fan club

Morgan loves that her muscular quads get her spotted ("Even through my leggings!") by fans everywhere. In fact, they're her favorite body part. "You should never be afraid of looking athletic or building too much muscle," she says. That could sound like pat advice, only the woman has shown it off in a teeny bikini in the *Sports Illustrated* swimsuit issue. Twice.









It's the lazy, easy stuff she really loves

For someone who trains insane—she practices three hours daily with the world's most superfit workout buddies—Morgan actually credits her healthy glow to things that don't break a sweat, like sleeping, eating well, and just hanging with people she cares about. "I always map out how to get a good eight or nine hours of sleep before I even start my day," she says. "And my rule is to put my phone on silent when I go to bed; that way no texts or emails can disturb me."

Her game face starts with bronzer

"I was the biggest tomboy growing up," Morgan says. "Now I love playing with a full face of makeup." For games, it's always bronzer, a little eyeliner, mascara, and ChapStick. "When I prepare for a match, it's like work, even the way I have to shower and put on my makeup." The endgame: Each time she takes the field, Morgan makes being athletic absolutely beautiful. ★

BEAUTY AND THE BADASS

From top: Morgan flashing her signature quads—and lucky pink headband on the field. Pulling out in front during a SUP outing with teammates. A peek at a training day with the U.S. Women's National Team, starting with a fully loaded breakfast; players down as many as 3,500 calories a day.

Top: Photograph by Victor Wong. Center left: Photograph by Getty Images. Bottom left: Photograph by Shutterstock

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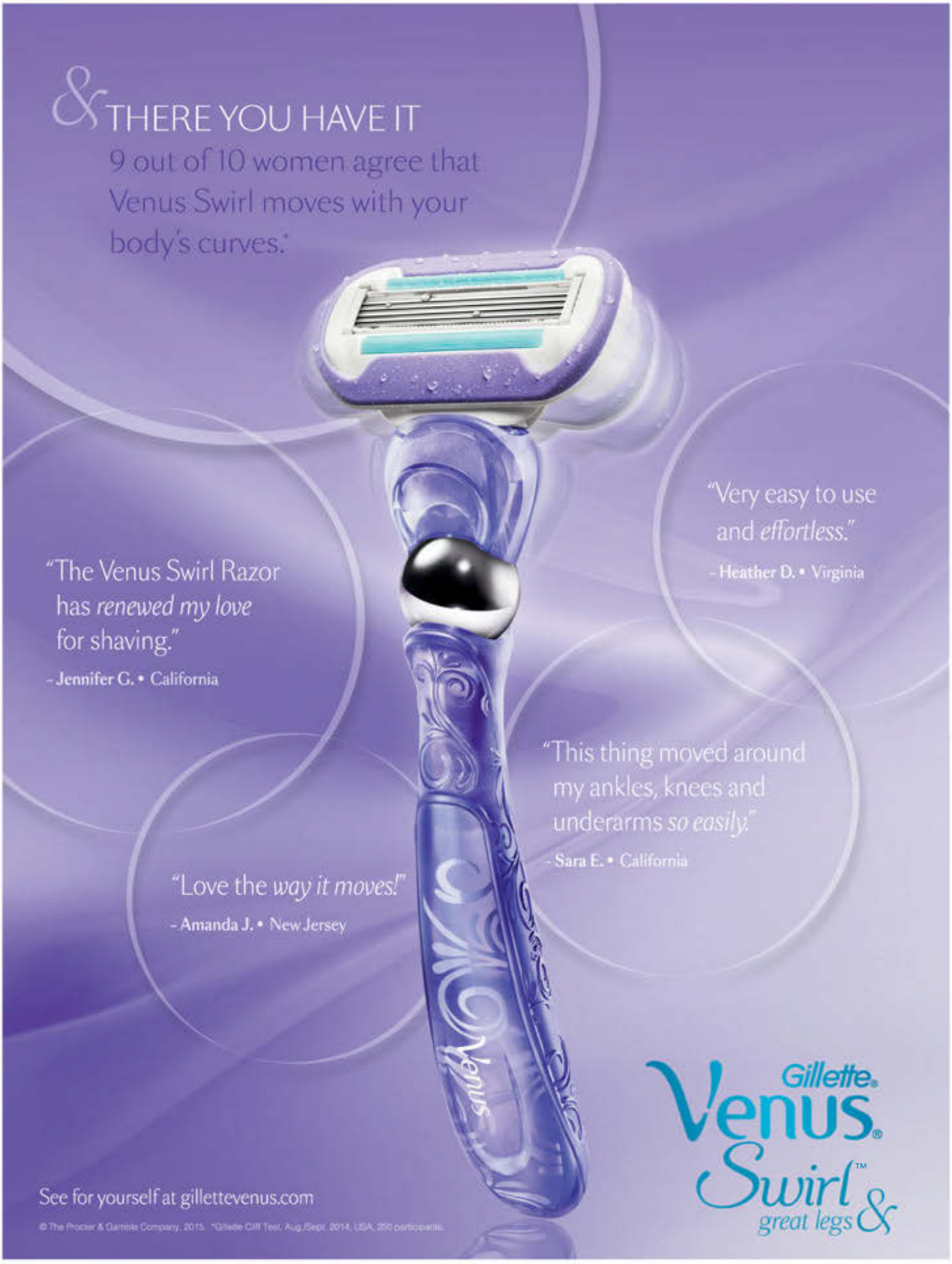
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